Here are some examples of mindfulness exercises
There are many simple ways to practice mindfulness. Some examples include:

- **Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell, and taste. For example, when you eat a favorite food, take the time to smell, taste, and truly enjoy it.

- **Live in the moment.** Try to intentionally bring open, accepting, and discerning attention to everything you do. Find joy in simple pleasures.

- **Accept yourself.** Treat yourself the way you would treat a good friend.

- **Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.
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Linking Arms with Teen Parents Support Group

Is currently looking for sponsors/speakers to help with their monthly support groups.

For more information call (620) 793-1909 and ask for Jenna

MONTHLY PUBLIC HEALTH UPDATE
From Health Department Director Karen Winkelman
A whole new year and it's time to ponder what you are going to do with it! Personal growth happens in the present, not in the future, and by living mindfully we can make it a part of our day in the year ahead. It is important to be open to change and the possibilities that come with it. By focusing on our own personal growth and development, we can be prepared to adapt and grow from whatever life throws our way!

“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”

Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it. It can be cultivated through proven techniques such as being seated, walking, standing, moving, meditation, and taking short pauses along with several other practices.

When we are mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own minds, and increase our attention to others' well-being. Mindfulness meditation gives us a time in our lives when we can suspend judgment and unleash our natural curiosity about the workings of the mind, approaching our experience with warmth and kindness.....to ourselves and to others!

As we embark together on a new year, your input on what you would like to see at your health department is welcomed.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call @ 620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!
The Health Advisory Committee shall provide guidance, recommendations, and assistance to the Barton County Health Department staff. Membership requirements may include allied health or the animal health field.
Cervical Cancer Awareness Month

Current vaccination and screening recommendations

Use HPV Vaccination

Vaccinate both girls and boys ages 11 to 12 against HPV
- Girls and boys have the best protection when they receive all doses as recommended before they are exposed to HPV.
- Girls ages 13-26 and boys ages 13-21 should get the vaccine if they have not received it already.

Screen Women for Cervical Cancer

Use Pap tests every 3 years for women ages 21-29
- Doctors or nurses collect cells for the Pap test during an exam.
- The Pap test can find abnormal cells that may develop into cancer, if left untreated.

Choose 1 of 2 options for women ages 30-65
Doctor and patient decide together which screening approach is preferred:
1) Pap test every 3 years, or;
2) Pap test plus HPV test every 5 years. The HPV test can find the HPV virus by testing cells collected at the same time as a Pap test.

Women should get screened as recommended. More frequent screening does not provide more protection.

Some women may need a different screening schedule because of their health history.

Women over age 65 should ask their doctor if they need to continue screening.

Women should talk with their doctors and nurses to understand their screening results.

Women who had the HPV vaccine should still start getting screened when they reach age 21.
WE ARE HIRING
JOIN OUR TEAM

Open Positions

- Public Health Registered Nurse
- Front Office Receptionist/ Clerk

SEND YOUR APPLICATION TO:

BKaiser@bartoncounty.org

Barton County Health Department
1300 Kansas Ave.,
Great Bend, KS 67530
+1 620-793-1902

Contact Us