



Hello ACEs community and guests,

Welcome back to our bi-monthly newsletter! Every two months keep an eye out for the newsletter, as we help the community members better recognize and understand the work of the Arizona Adverse Childhood Experiences Consortium. Overall, we're a collaboration of individuals and many organizations (i.e., state, county, and private) that work together to make sure that all families can raise healthy children from the start.



Adverse Childhood Experiences (ACEs) can cast a long shadow on various aspects of an individual's life, and sleep is no exception. The impact of traumatic childhood events can disrupt the delicate balance needed for healthy sleep patterns. It is recommended that one get seven to nine hours of sleep each night however, those with ACEs can struggle to meet that recommended duration. To increase your chances of getting a better night's rest, the CDC recommends you go to bed at the same time each night, make sure your room is dark and quiet, remove all electronic devices from the bedroom, and avoid large meals prior to bedtime.

Prioritizing your sleep is in the upmost importance because it is a cornerstone for overall well-being, impacting various aspects of one's physical and mental health. The sleep foundation lists the eight major benefits to getting a good night's rest. Some of these include improved mood, a healthy heart, regulated blood sugar, and a restored immune system. The correct amount of sleep can also help with stress relief, improved mental function, and help with the ability to maintain a healthy weight. In conclusion, making small changes to ensure a good night's rest can help one obtain the profound advantages that come along with it. This will then continue to foster a pathway towards healing and restoring one's life both mentally and physically.

### References

- [https://www.cdc.gov/sleep/about/sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about/sleep/sleep_hygiene.html)
- <https://www.sleepfoundation.org/how-sleep-works/benefits-of-sleep>

## Mental Health Awareness Observation Days

- Random Acts of Kindness Week (Feb 16-23)
- National Eating Disorders Awareness Week (Feb 26-Mar 1)
- Self-Harm Awareness Month (March)
- Self-injury Awareness Day (Mar 1)
- Sleep Awareness Week (Mar 10-16)
- World Sleep Day (Mar 15)

ACEs increase the odds of developing chronic short sleep duration, that is <6 hours of sleep per night compared with optimal sleep duration of 7-9 hours per night during adulthood.

1. Ensure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
2. Remove electronic devices (TVs, computers, smart phones) from the bedroom.
3. Avoid large meals, caffeine, and alcohol before bedtime.
4. Exercise. Being physically active during the day can help you fall asleep more easily at night. Benefits of a good night's sleep include stress relief, better immune system, improved mood, and a healthier heart.

## AGENCY SPOTLIGHT:

### Mindfulness First

At Mindfulness First, their mission is to empower individuals of all ages with the practical skills and knowledge needed for lifelong mental health and well-being.

They believe that mental well-being education is the missing piece in traditional education systems. By prioritizing the development of self-understanding and mindfulness, they aim to create a foundation for each one of us to successfully navigate life's challenges and build compassionate, resilient communities.

One of their top priorities focuses on fundraising to create a more accessible curriculum and services - specifically within the deaf and blind and neurodivergent communities, something that they see as a gap in the field of mental health education.

This multi-year project will be led by those with lived experience and diverse backgrounds to ensure that all voices are

## COMMITTEE SPOTLIGHT:

### Rural and Indigenous Community Subcommittee

The Rural Indigenous Subcommittee (RIS) provides a communication bridge between rural and indigenous community leaders and the ACEs Consortium. We ensure that rural and indigenous members know ACEs Consortium actions and opportunities. In turn, we have regular presentations by members sharing their trauma-responsive programs and strategies that we share with ACEs Consortium to inform training and support needs in rural and indigenous communities.

This committee meets the 3rd Wed. of each month from 12-1pm, virtually.

Committee Chair: Rene RedDay, M.Ed.  
Building Community, LLC  
To learn more or contact the committee, visit the online [Work Group Page](#)

Call The Arizona Smokers' Helpline at 1-800-55-66-222 or sign up at [ASHLine.org](http://ASHLine.org)

Are you in recovery or living with a behavioral health condition? Quitting tobacco can improve depression, anxiety and stress.

THE ASHLINE PROVIDES:  
Free, confidential support, 24/7 live coaching.  
Phone or text, Online tools and resources, patches, gum or lozenges.

## More ACEs information:

- [ACES TOO HIGH](#)
- [CDC: Adverse Childhood Experiences \(ACES\)](#)
- [1-minute Mindfulness Exercises](#)
- [ACES Aware](#)

## Check us out on Social Media:



[@acesofarizona](#)

[AZ ACE Consortium](#)

[AZ-Aces-Consortium](#)