

GREAT IS HER FAITHFULNESS!

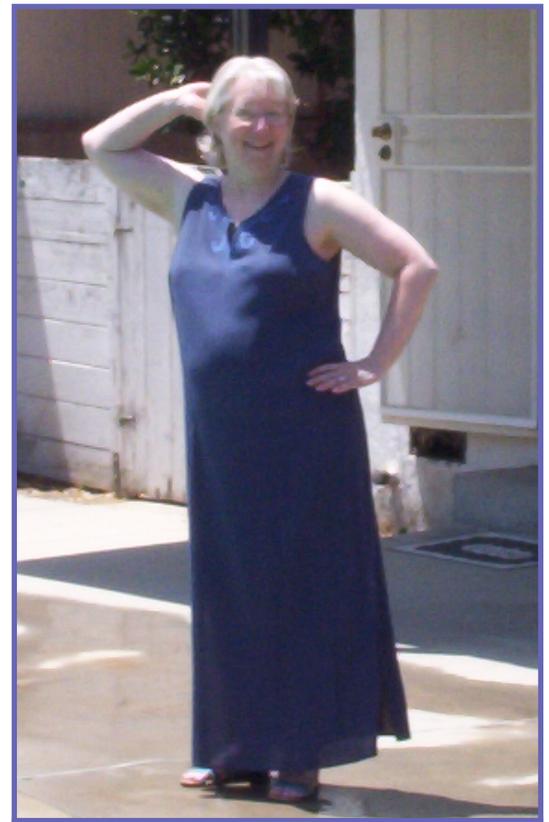
In March of 2021, my Girl Friday and administrative assistant, retired. Jo Arnestad was among the first to tangibly support our fledgling non-profit back in 2002. She not only provided our much need bookkeeping services, but she and her husband, Bryan, even turned their spare bedroom into an office for me for the first few years.

Starting a 501c3 from ground zero was daunting, but Jo never wavered. She tackled tasks I had no aptitude for. She enrolled in training courses to get up to speed on the legal and financial requirements for non-profits. She provided a sounding board as we crafted each element of our program. And then lent her time and energy to endless folding, labeling, stuffing and stamping.

In the Fall of 2016, Jo told me they had the opportunity to move to Nevada to be closer to her mom. She clearly expected that to be the end of our working relationship, but for me that wasn't even a consideration! We just adapted her responsibilities so she could work remotely.

When *Positively Waiting* experienced a financial challenge in 2019, Jo insisted she no longer needed or wanted to be paid for doing the books, and then continued to provide the same outstanding service as a volunteer!

The ministry has been blessed by 17 years of her generosity and friendship, and went far beyond what we deserved. Her talent and dedication be sorely missed! Great is her faithfulness!



Jo Arnestad: Hostess with the mostest at Jim's surprise birthday party in 2003

This Is Your Brain on Porn



By Karen Kropf

Risky BEHAVIOR INCREASES WHEN CHILDREN ARE DEPRESSED

The CDC reports from March 2020 through October 2020, mental health-related hospital emergency room visits rose **31% percent** among adolescents ages 12 to 17, when compared to 2019.

When teens were depressed, anxious or despondent, they mainly turned to substance abuse to make themselves feel better. Now, with so much isolation from friends and increased involvement with gaming apps, teens are significantly more likely to consume to pornography for the same reason.

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The dopamine rush from porn produces neurological changes that are very similar to drug-induced changes in the brain.

Parents, it is safe to just **assume** the lockdown and school closures will make your child more likely to consume porn. However, it's a mistake to respond by yanking wifi access or taking away electronics! If you cut off their access without replacing it with another activity or interest, your teen will simply be more motivated to deceive you in order to access it when their "punishment" is over.

A better option is **BE PROACTIVE**: help them find other self-care coping techniques, and arrange opportunities for increased physical activity to release endorphins. It's healthier too!



COACH'S CORNER



It's normal for teens to want to separate themselves from being known as "Jill's son" or "Jack's daughter."

But what adolescents are often **unprepared** for is the downside of creating their individual identity: potential rejection, peer pressure to conform and having their preferences judged.

When a teen steps out from under the family identity umbrella, their temperament (which loved ones probably tolerated, endured or just accepted at home) may be ridiculed or even become a source of bullying. Teens who experienced mostly positive encouragement from Mom & Dad, are rarely ready for the self-doubt that comes along with negative peer perception.

This Month's Tip: Talk about how ubiquitous self-doubt is. Literally everyone — celebrities, geniuses, and even "influencers" — undergo seasons where they feel inadequate, uncertain or disillusioned! Help your teen understand that its *normal and inevitable* they will have seasons like that! And then steer them toward coping strategies to overcome it, such as:

1. Exploring a new hobby, interest or skill.
2. Giving them a chance to serve someone less fortunate (the homeless, trafficked or recovering).
3. Exposing them to "rags-to-riches" videos or biographies for inspiration.

The most important message they can hear from their Coach, is, "Looks like it's your turn. This too shall pass. You will get through it."

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