



Heads Up Kentucky
Psychology Promotes Healthy Living

What is Heads Up Kentucky?

Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass "Heads" will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

About the KPA Foundation

The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at www.kpa.org

Kentucky Psychological Association Foundation

120 Sears Avenue • Suite 202 • Louisville KY 40207
502.894.0777 • www.kpa.org

SPONSORS

HEAD HONCHOS



HEAD OF THE CLASS



Seven Counties Services



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

HEADLINERS

Allegra Print & Imaging - East
James Graham Brown Cancer Center
proud member of UofLHealthcare

Cralle Foundation

Titan Corporation

Wiltshire Pantry



Heads Up Kentucky
Psychology Promotes Healthy Living

Kentucky Psychological Association Foundation

120 Sears Avenue • Suite 202 • Louisville KY 40207
502.894.0777 • www.kpa.org

Finding Your Strengths



KID ZONE

Presented by
**THE KENTUCKY PSYCHOLOGICAL
ASSOCIATION FOUNDATION**

Finding Your Strengths

No one is good at everything, but we're all good at something!

Not all of us are basketball stars, some of couldn't carry a tune if it was in a bucket, and our best drawings are really bad stick people. No one is good at everything, but we are all good at something.

The trick is to find the thing that you do well.

- List things you like to do.
- List things you do well.
- Try lots of different things.

Set your goal:

Imagine yourself doing what you want to do. Picture yourself going through all of the steps to succeed at what you want to do.

Practice in your mind Think of it as a practice run; get your mind on board and then your thoughts and actions will follow.

Break your goal down into small steps—being a great piano player doesn't start with playing a concerto the first time—it starts with learning the scales. Being a star basketball player doesn't start at the championship game—it starts with learning how to dribble and how to make a basket.

End practices with a success—the best basketball coaches have their players end a drill with a made shot—Shoot until you make that free throw, play your musical piece until the notes are right. You're getting your mind and body in the routine of succeeding.

Give yourself a reward when you meet each part of your goal -- every step you take gets you closer to your goal. Celebrate each successful step.

Hard Work

What you lack in talent, you can make up for in hard work. As hockey great Wayne Gretsky said "Maybe it wasn't talent the Lord gave me. Maybe it was the passion." Sometimes hard work is boring; but if you want to be good at something, you have to work at it. Old sayings often have a lot of truth, and one of those is, "Practice makes perfect!"

Learn to say positive things about yourself.

No matter how cool everyone thinks you are or you pretend to be, it is ok that you are scared sometimes, or shy, or secretly convinced that you are a closet nerd and none of your friends would like you if they knew the real you. Most kids think this sometimes, even the beautiful ones.

Stop the negative thoughts and replace them with positive thoughts. If nobody is there to tell you that you made a good decision when you were with your friends or did a good job on a school paper, then tell yourself. Say it out loud. Self-esteem is important in meeting your goals, so focus on what you're doing right instead of dwelling on what you've done wrong.

Everyone has setbacks.

All right, so you got cut from the basketball team or couldn't make the cheerleading squad. Now, figure out if you want to keep doing whatever you failed at. If you do, then pick yourself up and start practicing what you need to do to be successful the next time or the time after that or the time after that.

Find someone in your life who believes in you. Besides having good friends, you also need at least one adult who believes in you, too. It's great if this person is your mom or dad, but an extra person, like a teacher or a coach, comes in handy.

For more information:

Heads Up Kentucky: www.headsupkentucky.org
Centers for Disease Control: www.bam.gov
KidsHealth www.kidshealth.org

The material provided in this brochure is based on scientific research by psychologists and other health care professionals. For references, contributor information, and additional reading on this topic, please go to the Heads Up Kentucky! website at www.headsupkentucky.org.

