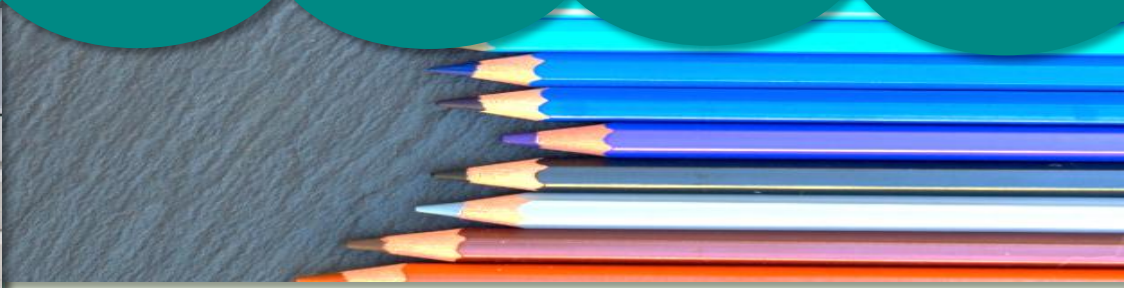


-Listen To Me-

Thoughts & Views from The Upcoming Generations



Dr. Recco's Corner

Today, I'm sending out a call to action. It is time to put into action our words, promises, dreams, hopes, inklings, and desires. Regardless of the area of your interest and focus, the call is for you to do something and start doing it now. Talk is cheap, and eventually no one will believe you. Quit talking about it and start being about it. Enough with making excuses. Just do it.

When we decide to put action to our plans, possibility is set into motion. In addition, the drawing of resources and people that help us takes place. From here, acknowledgement of our efforts and plans is viewed and accepted by the powers to be. Next, we position ourselves for exploits and promotions that come out of nowhere. Soon after, we are planted and become a mainstay in various arenas of family, life, relationships, health, and business. Wow! What a wonderful progression that starts with releasing action and getting started.

An entirely new world of existence and change awaits those who finally cast their vision, drop the nets, add action to their faith, and move with a sense of purpose. Those who take heed and embrace this message should begin to experience wonderful places of existence and begin living on the streets of joy. There is goodness and wellness headed our way at lightning speed. The trumpet has blown, the floodgates have been opened, the provision and sound of abundance are in the works, and there is a cresting on the horizon.

All that is dear to us awaits action on our part. The things that mean the most to us patiently await the arrival of our actions. The annals of time are bustling with the notion of us releasing action. The promises of our forefathers and ancestors graciously endure till the coming of our action.

I'm at the point of no longer playing it safe. Are you at this point, too? I need too many things that the release of action can procure for me. Are you able to say the same thing? I'm ready to stop talking and start showing up. Are you ready, too?

The Listen to Me Newsletter

A publication dedicated to discussing topics and experiences of the coming generations.

Silent Generation (1928-1945)
Generation X (1965-1980)
Generation Z (1997-2012)

Baby Boomers Generation (1946-1964)
Millennials Generation (1981-1996)
Alpha Generation (2010-2025)



July 2025
Issue 10

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Dr. Recco

Recognizing Depression in Teens

By: LaWanda Purches-Waller, MS, LLPC

There are times when life can become overbearing for teens. They are trying to navigate relationships at home with their parents and family. Some are just starting to realize what they may need to do to maintain healthy friendships at school. Also, teens must do what is necessary to be able to understand and succeed in their classwork.



For the stated reasons, teen years can be a challenging time. A time that features them having no idea why they may feel angry, irritable, sad, or just wanting to be left alone. Having these feelings on occasion and experiencing only one symptom here and there is normal. However, if a teen has been experiencing five or more of the symptoms listed below for at least a two-week period, there could be a cause for concern and a need for action.

The concern is founded upon not wanting to see the harm and misery associated with depression haunt the life of a teen for years.

Depression Symptoms

Sleep disturbance	No appetite	Low self-esteem
Pessimistic views	Daily sadness	Having guilt
Low concentration	Feeling hopeless	Feeling empty
Often depressed	Fatigue/no energy	Thoughts of death/suicide
Loss of interest	Being irritable	Spending more time alone
Change in sleep habits	Easily agitated	Annoyed by people

Depression can cause teens to lose interest in things they usually enjoy. It can also cause them to want to withdraw from others. They may seem fine, but they want to stay in their room even when they can go out and be social. Depression could also cause them to shut down and sleep more. Teens may be tired or fatigued often, especially if they feel like they have no purpose in life.

Teens who are depressed usually look at things negatively and feel like nothing will ever change for them. Looking for these signs in teens could help save their lives. This is true because depression can lead to suicidal thoughts. It is important to talk with teens about what they can do if they ever feel like they do not want to live. There are resources and places they can call. For example, 988 is a suicide and crisis hotline that is available 24 hours a day. If a teen is experiencing suicidal thoughts, they should go directly to the emergency room to be evaluated.

Below are things that teens can do to prevent depression before it starts.

"Teens can manage their depression."



**"Depression does not have to persist."
Dr. Recco**

**LaWanda Purches-Waller
Generation X**

1). They can maintain a balance of physical, emotional, and spiritual fitness. For everyone, it is important to keep our minds and bodies in balance, and what better way than to ensure we are starting a daily routine that involves physical activity.

Going for brisk walks, running, weightlifting, swimming, and high-impact aerobics have long been attributed to releasing endorphins in the body. Endorphins are a natural mood booster that helps to reduce depression.



2). Teens can take part in mental health counseling. This effort can instill life coping skills that last and work for the rest of their lives. There will always be things in life that are challenging. Everyone's response to challenges, trauma, and life is different. Some people have trauma that was inflicted upon them due to no fault of their own. Others have a tough time managing their emotions, may need to learn how to increase their self-esteem or simply feel alone.

Counseling sessions that utilize Cognitive Behavior Therapy help teens change their negative way of thinking and engage in fresh perspectives. It also promotes feeling accepting, encourages high esteem, provides a sense of support, and instills personal value.

The fresh perspectives and other ideas mentioned previously can help teens solve problems better, put forth healthy decision making, be happier, have a sense of purpose, jump-start being more active and engaged in life, and aid in maintaining quality interactions with other people.

3). Individuals who avoid being depressed often report having a good support system. During the good and troubled times, they have a group of friends, relatives, teammates, coaches, and mentors that they spend quality time with. Their interactions and conversations promote wellness, a sense of belonging, and the ability to consistently get over the hump.

The best way for teens to secure a solid support system is for them to avoid being shy, focus on displaying to the world their values and skills, ask questions and venture out beyond their comfort level. These and other measures can draw quality people and much-needed support. The support of other people is critical to teens avoiding the presence of depression in their lives.

Today's teens must decide to let others help them cope with life and their problems. The world can be a cold and mean place. To successfully negotiate life, family members, caring adults, and friends are a good source of support and kindness.

"Support systems make a difference."

**"Please let others help you manage life."
Dr. Recco**

BEST Program Flyer



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- Entrepreneurship & Business Growth
- Working With At-Risk Populations
- Interpersonal Communication
- Effective Behavioral Systems
- Intimate Partner Violence & Trauma
- Mentoring, The Missing Link
- Employee Retention & Recruitment
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Self-Love Tips for the Coming Generations

By: Recco Santee Richardson, Ph.D., LPC

Love, especially self-love, is an excellent topic to discuss with the Alpha Generation, Generation Z, and Millennials. For them and all individuals, there is an innate need and desire to be and feel loved. In my lifetime, I have found that self-love is a critical concept that the coming generations must secure and hold on to.

I often tell young adults and teens that to experience self-love, the following can be done.

1). Worthy: The first task at hand is to believe that you are worthy to be loved. No matter what happens in life and how things play out, at the end of the day, feeling worthy to be loved is required. Everyone has had their turn of being hurt, talked about, abused, forgotten, cast out, lied on, abandoned, persecuted, cursed out, and left to fend off despair. I'm at the point of believing that the stated situation's goals are to deplete our self-love and leave us empty.

The decision to embrace and walk in self-love is monumental and can turn the tide in life towards positive outcomes. To re-engage and enhance levels of self-love, young people can consistently be productive during the day, speak positive words, regularly secure small but meaningful personal victories, seek to help and serve others, practice forgiving themselves and others, and pursue their purpose with passion.

2). Lifestyle: Within the reach of everyone is living a quality life. A quality life features good decision making, upstanding friendships, positive regard for life, disciplined emotions, low stress levels, productive behaviors, intentional goal setting, and seeking to be a person of integrity and honesty. The aforementioned ideas are central to the development of a lifestyle that promotes and protects self-love.



Life is all about choices, people, change, and feeling fulfilled on the inside. With the help of self-love, young people have within them the power to live and create a life for themselves that is wonderful and highly charged. With the proper lifestyle, there is no need to wait for others to help and for their permission. Because of liberating self-love, the coming generations have at their disposal everything needed to be happy, fortunate, energized, and spoken well of.

3) Dream Big: The world as we know it is huge and has no limits. Thus, future generations must dream big, think big, and grow big in life. There is value in being filled with wonder about life. There is nothing wrong with searching for answers that can change communities. It is admirable for a person to be enamored with possibilities. There is everything right about chasing wholesome ideas. It pays to be inspired to achieve. Success awaits those who wake up early to greet another day of opportunity.

"We must love ourselves."

**"You are a very important person."
Dr. Recco**

It does not take long to recognize a young person who has dreams and is ready to go for them. Because they love themselves and practice self-love, they talk differently than their peers. They move and act in ways that don't seek attention. Their speaking and conversations are few and filled with good intentions. Rarely do they waste time.

They do not overindulge in things that dull their senses. They are focused and avoid scenarios that break their concentration. They quickly recognize and distance themselves from people and activities that compete with their future. They detest strain and drama. Overall, they do the stated and more because their dreams are big and have a good chance of becoming a reality.

The amazing can happen when teens and young adults secure adequate self-love. It is almost as if they are propelled to a different level of thinking and living. Thinking and living that attracts good outcomes to them. A way of living that promotes being at peace and able to manage life as it comes. At the core of successful future leaders is a strong sense of self and being okay with who they are.



They are not bent on finding love. Rather, they focus on loving themselves. They do not dwell in places of despair. Instead, they abode in places of hope and wellness that is preserved and protected by radiant self-love. Within them is a deep desire to know themselves and to maximize their destiny. They really believe that they deserve all the good that life has to offer and are willing to bet on themselves and their more than adequate level of self-love.

I have found that all it takes is one taste of self-love for young people to make necessary changes in their diets, relationships, goals, motives, and feelings. Most of the scare tactics, threats and intimidation and the withdrawing of support do not work or encourage optimum results. At this stage of the game, self-love is the silver bullet and required asset that gets the job done.

"Protect your self-love at all cost."

"At the end of the day, it's all about self-love"
Dr. Recco

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**"Life is more fun when we are happy."
Dr. Recco**