



YScreen is the emotional health screen offered to all 9th grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

December 2016 Stress Less This Season

‘Tis the season for laughter, giving, memories old and new; however, people may feel stressed and overwhelmed which can lead to feelings of depression. Financial stress, being away from loved ones and lack of time can overpower the holiday spirit. Take control of your holidays by having YScreen help your ninth graders identify stressors that prevent them from staying healthy, merry, and bright.

Tips To Prevent Holiday Stress

1. Take care of yourself, give yourself some alone time
2. Make homemade gifts
3. Spend time with family and friends
4. Recognize your limits. It is ok to say no!
5. Ask for help and support from family, friends and community agencies
6. Say “no” to alcohol and seconds on desserts
7. Take a holiday stretch... do some caroling
8. Prioritize
9. Smile at angry sales people and/or rude drivers
10. Enjoy some peppermint candy

YScreen staff helps connect teens and their families to the appropriate community resources that can address these concerns and help them cope with their stress. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information, please contact us at **(920) 906-6700 ext. 4714**.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way, Agnesian HealthCare, and the Wisconsin Partnership Program through the UW School of Medicine and Public Health.