



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

## **January 2019 Helping Youth Cope with Stress**

Youth experience significant stress on a daily basis. Each youth has different stressors; however, school, peers, grades, extracurricular activities, self-esteem, and home life all play a part in what youth are stressed about. Some youth become so overwhelmed and may feel they do not have the ability to cope with their stress. When youth feel the inability to cope, they then may be subjected to physical illness, anxiety, aggression, and potential alcohol and drug use. If you see an overloaded, stressed out youth, help them avoid these behaviors and encourage them to identify and explore different coping strategies.

### **What are Coping Strategies?**

A coping strategy is making a specific effort to reduce stress. When feeling overwhelmed, it is something that promotes a calm state of mind, while doing something that is enjoyable.

#### **Examples of Coping Strategies**

1. Exercise
2. Go outside
3. Get creative - Arts and Crafts
4. Meditate
5. Decrease Negative Self-talk
6. Listen to Music

#### **How to Help Youth with Stress**

1. Listen and show concern
2. Watch for overload
3. Encourage stress management
4. Provide support

YScreen is an emotional health screen that can assist in identifying areas of stress and irritability. Screening staff educate youth about coping skills and provide a list of examples and helpful resources to deal with 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.