



**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.

## **December 2019 Holiday Stress**

The holidays are a wonderful time of the year but can also be very stressful. It is important for youth to stay regulated and manage their emotions with the busy schedules the holiday season brings. Here are some symptoms of stress youth may experience to be on the lookout for:

- **Emotional changes:** Youth might appear agitated, anxious, and/or depressed; pay attention to changes in behavior
- **Physical changes:** Youth under stress are likely to get sick more often and complain of headaches, stomachaches, and other aches and pains
- **Behavioral changes:** Look for changes in eating or sleeping habits, and avoidance of normal daily activities
- **Cognitive changes:** You may notice decreased concentration, forgetfulness, and/or the appearance of carelessness

Now that you are aware of some signs and/or symptoms of stress, here are some tips on how to cope with the holiday stress:

1. Blow bubbles
2. Read a good book or listen to a wonderful audiobook
3. Exercise
4. Draw, doodle, or color
5. Do a crossword puzzle - or really any puzzle that you like
6. Write down some positive or motivational quotes and stick them up all over the house
7. Clean the house
8. Play music or even create a new playlist
9. Call or text a friend or someone you trust
10. Write down 2-3 things you like about yourself, your situation, or something you are grateful for
11. Talk to a therapist
12. Write letters to those who are upsetting you, but don't send it; throw it away after you finish it

YScreen staff can help identify symptoms of stress in teens and help connect them and their families to the appropriate community resources that can address these concerns and help them cope. 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 about YScreen, please contact us at **(920) 906-6571**.

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 Agnesian HealthCare, a member of SSM Health and Fond du Lac Area United Way.