



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 2020 National “Stress-Free Holidays” Month

Often labeled as the “most wonderful time of the year” for many, the holidays can also be very stressful for others. There are a lot of things that can cause worry when the holidays roll around. For some, it is not all about presents, happiness, and family gatherings but rather this can be a stressful time of the year. For teens in particular, upcoming finals, unrealistic expectations, changes in routine, family issues, painful associations, and excessive commitments contribute to stress. This unhealthy stress can be released from the body through physical symptoms such as hyperventilation, sweating, rapid heartbeat, dizziness, body pains, headaches, high blood pressure, insomnia, and ulcers. This stress may also be released through behavioral symptoms such as irritability, anxiety, substance abuse and becoming socially withdrawn. Check out some tips below and share them with the youth in your life. They just may help them get through this time of year with a little less stress and anxiety.

6 Tips to Enjoy the Holidays with Less Stress

- Remember to make time to de-stress (read leisurely, take a walk, work out, etc.).
- Volunteer at a shelter together as a family.
- Gather old coats, blankets, food and donate them to families in need.
- Talk with family elders about the way in which they celebrated the holidays in their youth.
- Ask for help so that you don’t feel like you have the weight of the world on your shoulders. Asking for help may make someone else feel needed.
- Acknowledge your feelings. Anyone can feel down during this time of year, so recognize that stress is normal but try and think positively. Also try to identify what is making you feel stressed.

Life is a collection of memories, and youth love to hear the happy and fun experiences that make up the moments of their family history. It can also be the best time to reconnect with friends and family or to find new connections. We tend to forget what the holidays are all about.

YScreen can help identify signs of stress, anxiety, and depression that impact a student’s health especially during the holiday season. YScreen staff can also help connect teens 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.