



**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.

## **January 2021 Mental Wellness Month**

This month is dedicated to being mindful about your own mental and emotional wellness. Students are juggling a lot of different things in these times and what is often lost is to take time for oneself. In these stressful times, it can be very necessary and extremely beneficial for students to take a break and do something that they enjoy helping to relieve stress and anxiety. Check out some **tips** listed below for ways that students can put themselves first.

### **❖ Connect with Others & Laugh**

- Having connection with others is a crucial element in protecting our mental health. Someone to share with and laugh with can keep us grounded and help us gain perspective. Humor is a great stress reducer, and studies even indicate laughter can make you healthier.

### **❖ Avoid Negative Self-Talk & Develop a Positive Attitude**

- Laugh at your mistakes and say I'll remember next time. People with positive attitudes tend to be happier, more successful, and better able to handle crisis and stress.

### **❖ Exercise**

- Regular exercise increases energy and releases brain biochemicals to ward off depression and anxiety. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood.

### **❖ Improve your Diet**

- During times of stress you can skip meals or eat junk food. A diet rich in fruits, vegetables and fiber will help you maintain the physical and mental stress you need to deal with the situation.

### **❖ Take Some “Me Time” & Ask for Help if You Feel Overwhelmed**

- This can be anything from leisurely reading a book that you have been wanting to read or doing an activity just for yourself. Finding support for yourself in the people around you is also important for your overall well-being.

YScreen can help identify signs of stress and anxiety that may impact a student's overall well-being. 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.