



**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.

**April 2021**  
**“Start the Conversation”**  
**Benefits of Exercise**

Spring has officially arrived and the days become longer with more sunlight to enjoy! This creates numerous opportunities to get up and be active as we welcome the changing of the seasons. Regardless of age or fitness level, making time for exercise provides numerous physical and mental health benefits that can create a sense of relief. *Listed below are some things to discuss with youth to educate them on the relationship between exercise and a person’s mental and physical health. Exercise:*

<u><b>Mental Health</b></u>	<u><b>Physical Health</b></u>
<ul style="list-style-type: none"> <li>• Reduces stress</li> <li>• Increases relaxation</li> <li>• Alleviates anxiety and depression</li> <li>• Improves self-confidence and self-esteem</li> <li>• Increases productivity and creativity</li> <li>• Aids in quality of sleep</li> <li>• Increases levels of concentration</li> <li>• Can lead to more social interaction</li> </ul>	<ul style="list-style-type: none"> <li>• Helps build strong bones and joints</li> <li>• Increases muscle strength and function</li> <li>• Strengthens the heart</li> <li>• Promotes healthy lung function</li> <li>• Reduces the risk for heart disease and stroke</li> <li>• Reduces the risk for type 2 diabetes</li> <li>• Lowers blood pressure</li> </ul>

Get out this month and join us for the 4th annual “Start the Conversation” 5K run/walk that will be held virtually, April 17<sup>th</sup>-24<sup>th</sup> in an effort to start the conversation about mental health, addiction, and suicide prevention. Register for the event at: <https://bit.ly/3qzuBWI> or call (920) 437-8888.

YScreen can help identify signs of stress, anxiety, and depression that may impact a student’s health. 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.