

Happy February!

Every month (October-May) your school will distribute this newsletter to share mental wellness information with you. STRIDE works with every Door County school district to offer education on ACEs (Adverse Childhood Experiences) & their impact on learning, behavior, & brain development.

STRIDE's mission is to remove barriers for Door County youth, and their families, when accessing mental health information & services. While we cannot remove all barriers, we can work to strengthen our families & communities. by bringing a trauma-informed approach to our daily work with youth.

Better Together,
The STRIDE Team

HAPPY VALENTINE'S DAY

February means Valentines Day! Traditionally, it is celebrated by giving a loved one cards, candy or flowers. These days, Valentine's Day is focused on all relationships, not just romantic ones (have you heard of galantine's day?).

One of the most important relationships, we sometimes forget about, it the one with ourselves. We often find ourselves taking care of others but Valentines Day can be a great time to hit the reset button for necessary self-care. Take a bubble bath, read a book, go out for lunch, take a walk, meditate, or connect with a hobby that you have been been unable to make time for.

Remember, we are all connected and if you are taking care of yourself, you inspire others to do so as well. There is a saying, where the mind goes, the energy flows. When your mind is in a good place you can respond to life rather than react. So this Valentine's Day, nurture your relationships and yourself!

Social Media and Youth Mental Wellness



There are so many different social media platforms these days and it can be a huge part of a child's daily life. How does it effect our adolescents and do you know what they are actually seeing on these apps? Try asking open ended questions to stay aware of your child's social media trends, such as:

- *What are your favorite apps, channels, interests or videos?*
- *What are the funniest memes that you have seen recently?*
- *Can you share something you saw that is inspiring? Has there been anything you don't like seeing?*
- *Do you notice bullying online? How does it make you feel?*

Peer pressure, cyberbullying, and too much screen time can effect youth's mental wellness. Too much screen time can overload the sensory system. When attention suffers, so does the ability to process one's internal and external environment. In other words, little demands become big ones when overstimulated.

Too much screen time can also affect sleep patterns. The blue light from screens trigger the brain into thinking its daytime and can muddle sleep patterns. To limit screen time:

- Establish clear rules and set time limits.
- Remove devices from bedrooms at night.
- Model healthy screen time habits.
- Enjoy screen free meals or days with your youth.

adopted from:

<https://nowpsych.com/screen-time-affect-your-brain/>

<https://blog.valleywisehealth.org/negative-effect-of-screen-time-adults-children/>