



MENTAL WELLNESS MATTERS

A MONTHLY NEWSLETTER FOR DOOR COUNTY STUDENTS & FAMILIES

January 2023

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Happy new year!

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 NEW YEAR!
IS IT REALLY 2023
ALREADY?**



Another new year? Another set of goals or resolutions? Instead of making a big list of resolutions, create a vision map! Grab some magazines and cut out pictures that represent the goals that you'd like to accomplish! For example, if your goal is to try a new hobby such as painting, find a pic of someone painting or paint materials and place it on your vision board. Keep this vision board where you see it frequently as a reminder of what you wish to accomplish! Every day, do something to move towards your goal. Every step counts, the journey of 1,000 miles begins with one step. Good luck!

coming up for air
it all happens in a moment

FREE MOVIE SHOWING

Join us for an exciting opportunity to view the award winning movie, **Coming Up for Air**, on January 19th at the Kress Center. Dinner and snacks will be provided from 4:30-5:00 pm with the movie beginning at 5:00 pm. This event is open to the public (Mature Audience). Questions, contact Cami Peggar at (920) 421-2177 cam@unitedwaydc.com

THIS FILM DISCUSSES MATURE TOPICS SUCH AS MENTAL ILLNESS & HOMELESSNESS AND MAY BE UNSUITABLE FOR CHILDREN UNDER 17.

JANUARY IS MENTAL WELLNESS MONTH

The World Health Organization, referred as WHO, defines mental wellness as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” Easier said than done, right?

Here are some effortless tips that can help:

1. **Strive for a positive outlook**— people with positive attitudes are happier, more successful, and better able to handle crises and stress. Gratitude is key. Every morning before your feet hit the floor say "thank you for another day to begin again."
2. **Avoid negative self-talk** — Learn to be thankful for the good rather than focusing on the negative thoughts. Remember **you are not your thoughts**. When the negative self talk appears, remember those temporary and name a few good things in your life.
3. **View a crisis situation as an opportunity** — creative problem-solving can expand your options. Try to make a list of good things that could result from the problem you're having to solve. There is always a solution and challenges are temporary.
4. **Laugh** — Humor is a great stress-reducer. Studies indicate laughter can make you healthier. Pop on your favorite movie or turn on a comedic podcast.
5. **Exercise** — Regular exercise increases energy and releases brain biochemicals to ward off depression and anxiety. Just a 15-minute walk a day will help keep body and soul together.
6. **Improve your diet** — During times of stress, some tend to skip meals or eat junk food. A diet rich in fruit, vegetables, and fiber will help you maintain the physical and mental wellness you need to deal stress.
7. **Get enough rest** — sleep disturbances are common during stress. Sleep helps the body to reset.
8. **Ask for help if you feel overwhelmed**. Help can be just a phone call away. For local information and referral services to health, human, and social service organizations, call 211.

Source: <https://www.interiminc.org/>