



MENTAL WELLNESS MATTERS

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A MONTHLY NEWSLETTER FOR DOOR COUNTY STUDENTS & FAMILIES

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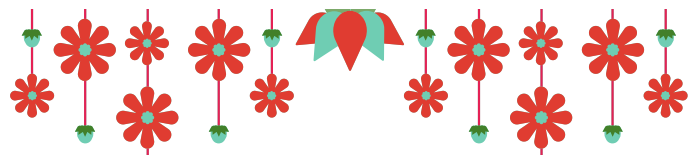
Salutations and Happy December!

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



DEALING WITH HOLIDAY STRESS

The holiday season is upon us once again! It can be a joyful time when family & friends gather together to celebrate the holidays but can also be a cause of additional stress. This is the time of year when nature asks us to slow down and nurture ourselves from the busyness of the warm seasons.

- Create healthy habits to counteract stress :
- Drink more water and limit caffeine or adult beverages.
 - Eat nutrient dense meals.
 - Exercise or go for a walk.
 - Limit screen time- no screens an hour before bed time!
 - Try meditation. Free apps include Insight Timer, Mindfulness Coach, or Smiling Mind.
 - Spend time with people or animals you care for.
 - Create a new tradition with your family.



Meaningful Gift Giving

It can be fun to both give and receive gifts but remember this holiday season, they do not always need to be extravagant to be cherished. Do you have a special talent or a knack for repurposing items? Do your kids hand out gifts from themselves that they would like to participate in creating?

The following gifts can be budget friendly, are extremely thoughtful and a great way to get your kids involved in a fun family activity!

- Bake a tasty treat
- Make a painting
- Sew or upcycled clothing (especially for teens)
- Make your own mix in a jar- Cocoa, cookie, or body scrubs
- Be a babysitter for an evening
- Create a scavenger hunt or game
- Hand down a family heirloom
- Print and frame favorite photos they would like
- Offer a house cleaning service
- Create ornaments or decorations from items in nature

For more ideas, internet search DIY holiday gifts.

Most importantly, don't forget the gift of time! Spending quality time with loved ones can be priceless. From all of us with the Stride Team, we wish you all a happy, healthy, and peaceful holiday season!

