



MENTAL WELLNESS MATTERS

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A MONTHLY NEWSLETTER FOR DOOR COUNTY STUDENTS & FAMILIES

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Hello,

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 that exist, we work continuously to strengthen our families & communities.

Better Together,
Cami Pegg
Community Impact Coordinator of Health



Did you know that there is a whole day dedicated to Stress? Every first Wednesday in November is Stress Awareness Day.

Stress- everyone has it. Stress is not always bad for us but it does need to be managed or it can negatively affect our health.

Next time you or your child stressed, try one of the following activities to help relief some of it:

- Get physical- Jump rope or take a jog
- Take a family hike
- Stretch out your body
- Try doing yoga- YouTube has so many options!
- Try a breathing exercise, such as 4-7-8 breathing
- Go outside, for a minute or an hour
- Hang out with a furry friend
- Listen to your favorite song



Journaling, painting, colors, dance, singing, clay! Does your child have a favorite form of art? Did you know that making art can benefit you or your child's health?

Studies reveal that making art can reduce the production of the stress hormone, cortisol. It also helps with anxiety, depression, and memory! The best part of this, is you don't have to be a Picasso or O'Keeffe to reap the benefits!

Our Stride School Mental Health Project expanded last school year to include Stride Creative, working with a certified art therapist. Stride Creative offers yearly, small group, virtual, art journaling clubs called Mighty Teens.

The Mighty Teen program is open to all Door County teens and strives to empower and provide wellness education. Sessions run at different periods throughout the school year and range from 3 to 7 weeks in length.

Did you know there is a 9-week, self-paced program you can sign yourself or your child of any age up to participate free of charge? This self paced program can be done at any time and is open to any person! It provides easy to follow videos with art prompts to help manage stress and build resiliency.

Check it out by visiting the Stride Creative website at www.stridecreatedc.com and clicking on the Mighty Teens tab to register.

Be sure to explore the website to learn more about Stride, Stride Creative, local resources, and mental health!

Adopted from <https://sageclinic.org/blog/art-relieve-stress/> and www.stridecreatedc.com

