



MENTAL WELLNESS MATTERS

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, 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
www.stridecreativcdc.com



Don't let the winter blues set in, try a new activity or self-care task throughout the work/school week to keep your spirits up!

MINDFUL MONDAY

- PRACTICE BREATHING EXERCISES
- START JOURNALING
- TAKE A QUICK BODY SCAN

TOGETHER TUESDAY

- HOST A FAMILY TASTE TEST TO TRY NEW FOODS
- CALL OR VISIT A FRIEND
- WATCH A MOVIE WITH FAMILY

WELLNESS WEDNESDAY

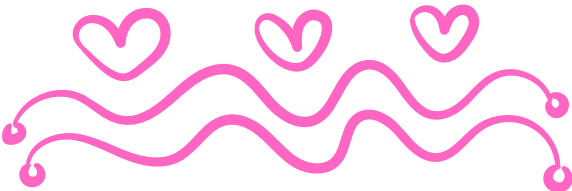
- EXPLORE THE OUTDOORS
- MOVE YOUR BODY, EVEN IF ITS FOR A SHORT TIME
- CREATE A CALM DOWN SPACE

THANKFUL THURSDAY

- CREATE OR WRITE IN A GRATITUDE JOURNAL
- TELL A FAMILY MEMBER WHAT YOU APPRICIATE ABOUT THEM
- WRITE A THANK YOU CARD OR LETTER TO SOMEONE

FUN FRIDAY

- YOUTUBE YOUR FAVORITE MUSIC VIDEOS AND HAVE A DANCE PARTY
- TRY A SCAVENGER HUNT



February is known for Valentine's day, celebrating the love for a special someone in your life, but did you know it also has another important holiday of love. February 13 is Madly in Love with Me Day!

Showing yourself some love and compassion can lower stress & increase resilience. So on the 13th (or any day!) try to:

- Nurture positive self-talk and affirmations.
- Set and enforce healthy boundaries.
- Embrace your uniqueness- embrace what makes you you!
- Practice gratitude for your body- Instead of fixating on perceived flaws, express gratitude for the incredible capabilities and functions of your body.