

SJPS SELF-CARE SERIES

Issue 5- March 2019

ANXIETY...

1 in 3 teens has anxiety...

*recognition & diagnosis of anxiety in young people has increased by 17% the last 10 years.

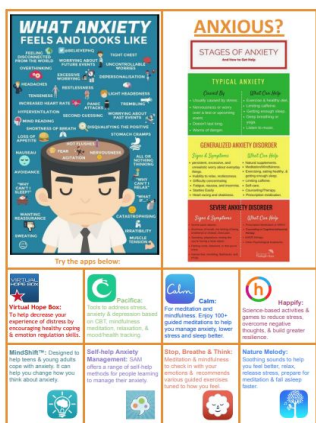
*31.9% of students 13-18 year olds meet the diagnostic standards for anxiety but as few as 1% seek treatment.

*Untreated anxiety disorders are linked to depression, school failure and a two-fold increase in risk for substance use disorder.

*Anxiety can spike in 7th, 10th & 11th grades

*ADHD is the #1 misdiagnosis of anxiety

**2018 Children's Mental Health Report (Child Mind Institute) & Jessica Minahan



Read about:

*What are Anxiety Disorders?
<https://www.gmeded.com/gme-info-graphics/what-are-anxiety-disorders#sthash.p8zeUH41.qjtu>

*6 Cheap, Natural, and Quick Anxiety Remedies
<https://www.everydayhealth.com/news/cheap-natural-quick-anxiety-remedies/>

At SJHS & Upton

*Using information gathered from yearly Needs Survey and recent *Focus Groups* (done in conjunction with *Berrien County Health Dept*), the **Guidance Department** has identified top stressors for students:

- future planning
- time management & demands
- expectations: self, family, peers
- grades/GPA/taking tests

*Frequent classroom visits to model & practice strategies to manage anxiety & stress with students and staff.

highlights include:

- breathing techniques
<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>
- progressive muscle relaxation
- guided imagery
- positive visualization
- cognitive distractions



apps used:

*Various groups for students:
-Club H2O for girls in 7th-12th grades with Well of Grace
-TRAILS for 9th-12th grades in collaboration with U of M
-yoga & mindfulness with Kathleen Belonga

*GO times to manage anxiety & stress including:

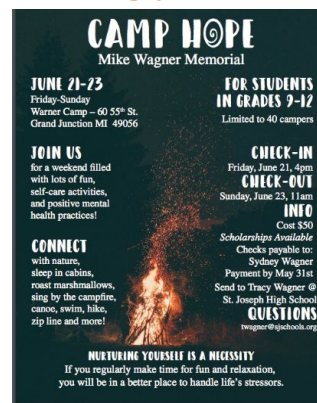
- relax & rejuvenate
- yoga
- stress management bingo
- dance party
- mindfulness activities
- growth mindset escape room



Local Resources:

Camp Hope (M. Wagner Memorial)
Summer camp for HS students - focusing on mindfulness & mentally recharging in nature -contact

TWagner@sjschools.org



The Loft @ THRIVE

Middle School Mondays

*class incorporating yoga, self-talk, & journaling to cope with anxiety

Healthy Berrien Consortium

Community Resiliency Series

<http://www.bchdmi.org/278/Health-Department>

Other Resources:

*Anxiety & Depression Association of America
<https://adaa.org/>

*Anxiety.org

<https://www.anxiety.org/what-is-anxiety>

Watch:

RELAX AND BREATHE: Do Nothing for 10 Minutes

<https://www.youtube.com/watch?feature=youtu.be&v=oXltOY0sLRy&app=desktop>

*7 GIFs to help relax your anxious mind

<https://anxietyunited.com/7-gifs-to-help-relax-your-anxious-mind/>