

DEALING WITH STRESS

Every person deals with stress on some level. However, chronic stress contributes to both physical and mental health problems, such as increasing blood pressure, weakening your immune system, and contributing to heart disease and anxiety and depression.

Stress for children looks differently than it does for adults, but just like adults, there are healthy ways for children to cope with stress. Younger children may find the tension at home to be a cause of stress, or other things at home like: divorce, a new sibling, a new step-parent or guardian, or a loss in the family. At school, children may have stress around getting along with others, learning new material that they find challenging, making and keeping friends, and dealing with bullies.

Older children, middle and high school aged, has increased sources of stress and are more likely to be stressed by things outside of the home. Children in this age bracket tend to worry about peer pressure, fitting in, using substances, sex, and dealing with ever changing friendships and relationships. Increased stress for adolescents may increase self-harm, eating disorders, and substance abuse. For older children, their peers may increase stress, but depending on the peer, they may also be an invaluable way to diminish stress.

Recommended Apps

- [Headspace](#)
- [Aura](#)
- [Breathe2Relax](#)

Recommended Podcasts

- [Calm Kids](#)
- [How to Talk to Kids About Stress](#)

Recommended Books

- [Stress Buster Workbook for Kids](#)
- [DBT Skills Workbook for Teens](#)
- [Whole Brain Child](#)

RECOGNIZE SIGNS OF STRESS

- Eating habits change with either eating too much or too little.
- Complaining of feeling tired all the time, trouble falling asleep at night, or sleeping more than usual.
- Changes in behavior that are out of character for the child (wanting to stay at home instead of going out, not listening now, etc.)
- Being angry or irritable, short tempered or more argumentative than usual.
- Procrastinates more and is neglecting responsibilities for school or home.
- Having frequent headaches or stomachs or other physical symptoms.



HOW CAREGIVERS CAN HELP

Who to Contact for Support

Elementary
Counselor:
Sophia Mosher
920-386-4404
ext. 1015

Middle/High
School
Counselor:
Stephanie Buss
920-386-4404
ext. 1020

School Social
Worker:
Ashley Neis
920-386-4404
ext. 1021

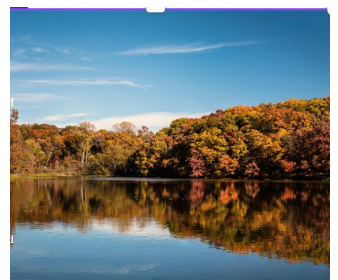
School
Psychologist:
Stephanie
Plewa
920-386-4404
ext. 1022

[caresolace.com
/dodgeland](https://caresolace.com/dodgeland)

- ❑ **Model your own healthy coping strategies** and talk about how you deal with stressful situations.
- ❑ **Promote kids being problem solvers** by letting them try to solve those low-stake problems on their own to build their confidence in dealing with situations.
- ❑ **Teach kids about media literacy and appropriate online behavior** by teaching about cyberbullying, being adept at being digital consumers, and limiting the child's screen time and apps that they use.
- ❑ **Take a break from stress** by helping the child make time for quiet activities where they feel positive emotions (playing, reading a book, spending time with friends, family, etc.).
- ❑ **Help the child feel safe, cared for and loved** by keeping consistent routines (bedtimes, eating meals together, being together at certain times of the day, etc) to help children understand there are things they can rely on.
- ❑ **Give some extra support and care** by validating their feelings, reminding them they are safe and that things will get better with time.
- ❑ **Reach out to your child's doctor** or therapist to help the child heal after a traumatic event.

MANAGING STRESS STRATEGIES

- ❑ Talk about stressful situations with an adult to brainstorm solutions.
- ❑ Get outside as being in nature improves our overall wellbeing and reduces anxiety, depression and stress.
- ❑ Journal about the things you are grateful for, proud of, or have positive feelings about to decrease stress, anxiety, and depression.
- ❑ Practice mindfulness techniques with meditation, yoga, and breathing activities.
- ❑ Sleep well with between 8 and 12 hours of sleep to help keep stress levels under control.
- ❑ Exercising for 60 minutes a day is an essential way to relieve stress.
- ❑ Make time for fun with games, music, art.
- ❑ Find time to relish in some quiet time to help find your balance and reset your brain.





APRIL 2023

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SUPPORT YOUR FAMILY'S WELL-BEING

Dear Families,

We are committed to the well-being of our students, staff, and families to create a safe and healthy learning environment. In support of our ongoing commitment, we partnered with Care Solace to provide an additional layer of care for our community.

Care Solace helps individuals find mental health care providers and substance use treatment centers. Their Care Companion™ team is available 24 hours per day, 7 days per week, and 365 days per year to quickly connect you to carefully verified providers in your community.

Students, staff, and families may access Care Solace services in two ways:

- Call (888) 515-0595 at any time. Support is available in 200+ languages. A dedicated Care Companion™ will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.
- For an anonymous search, answer a few questions to get matched with an extensive list of care providers at caresolace.com/dodgeland.

Care Solace is now available for use at no cost to you. They will connect you with providers accepting all medical insurances including Medicaid, Medicare, and sliding scale options for those without insurance. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory to use. Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

If you are interested in counseling-related services for your child, yourself, or another family member, please contact Care Solace for valuable assistance. This is a complimentary resource provided by **Dodgeland School District**.

care solace.

Calming the Chaos of Mental Health Care

Dodgeland Website has a new page for Mental Health Resources
You can find it at: www.dodgeland.k12.wi.us
>Families >Mental Health Resources