



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, we can work to strengthen our families & communities. by bringing a trauma-informed approach to our daily work with youth.

Better Together,
Melissa Andrews
STRIDE Mental Health Navigator

EVERY KID HEALTHY WEEK

April 26 - April 30, 2021
www.actionforhealthykids.org

Did you know there is a week dedicated to kids & healthy living? Visit www.actionforhealthykids.org to find many helpful resources to make your home and/or school a healthier place!

We know it takes more than a simple seven days to implement healthy habits & routines, but there is nothing stopping us from making today the day to start!

If you are committed to making a go of it for seven days, why not make your goal to implement one, two, or all five of these into your family routines.

Below are some ideas to explore. Which one will your family focus on?

Mindful Monday

- Breathing Exercises
- Practice journaling
- Create a calm down space

Tasty Tuesday

- Host a family taste test to try new foods
- Learn the importance of water
- Plan a garden or try container gardening

Wellness Wednesday

- Explore the outdoors
- Create a family self-care plan
- Role model healthy behaviors

Thoughtful Thursday

- Create a habit of gratitude
- Explore feelings through art
- Keep a thank you note drawer

Fitness Friday

- Try family workouts
- Block time frames where no screens are allowed
- Plan neighborhood bike rides or similar activities

