



MENTAL WELLNESS MATTERS

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A MONTHLY NEWSLETTER FOR  
DOOR COUNTY STUDENTS & FAMILIES

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April 2021

Vol. 13

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](http://www.actionforhealthykids.org)

Did you know there is a week dedicated to kids & healthy living? Visit [www.actionforhealthykids.org](http://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.

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**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