

TRUE NORTH
AT CAPITAL REGION ESD 113

STUDENT ASSISTANCE PROGRAM



MARCH 2023

WE'RE HERE TO HELP!

ESD 113-Student Assistance Prevention-Intervention Services Programs are a comprehensive, integrated model of services that fosters safe school environments, promotes healthy childhood development, promotes positive Mental Health, and prevents alcohol, tobacco, and other drug abuse.

Amber Harris:
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Suicide Prevention Lifeline: Call or Text 988

The Trevor Project - Crisis Support for LGBTQ youth: 866-488-7386 or Text START to 67867

Crisis Text Line: Text HOME to 741741

En español — Manda AYUDA a 741741



COMMON TRIGGERS OF TEEN STRESS AND HOW TO DEAL

Academic stress- Test scores, grades, college, and more. These can all become overwhelming. It helps to prioritize schoolwork, stay organized, and reach out to teachers for help.

Social media stress- In a world where social networks and media seems to rule our lives, it can be easy to get sucked into a lot of negative energy. Limit your scrolling and detox your phone from apps that end up making you feel stressed or lesser than.

Relationships/family- relationships are hard work, but sometimes they venture into a toxic territory where they become unhealthy. If you find yourself constantly stressed in your relationships, maybe it's time to take a step back and communicate your feelings. However, if you begin to feel unsafe, you **MUST** reach out to a trusted adult for help.

Life changes- Life is constantly evolving and changing. Some of those changes are unavoidable. Reach out to someone you trust to talk to while learning and utilizing healthy coping skills.

THE 4 A'S OF STRESS MANAGEMENT

AVOID - Sometimes, it's as simple as staying away from certain things that stress you out. Hate the unnecessary stress caused by rushing to finish an assignment? Avoid waiting until the last minute and prioritize important tasks.

ADAPT - Stress is an unavoidable part of life. Remember to set realistic expectations for the task at hand that's causing you stress. Don't strive for perfection, strive for effort and **YOUR** best.

ACCEPT - There are some situations in our day-to-day life that we just need to accept.

Sometimes, avoidance isn't possible. It helps to talk about the stressful situation with a friend or trusted family member and discuss healthy ways of handling the situation.

ALTER - When you're feeling overwhelmed by people asking too much from you, it's ok to set healthy boundaries and respectfully communicate your feelings.

IT'S TIME TO REFRESH AND RENEW!

We've made it to March and with March comes Spring! Spring is a time of new beginnings and opportunities, bursts of color and growth, and (hopefully) **MORE SUNSHINE!** As we sluff off the last of our winter-time blues, let's stretch our sleepy limbs and breath in a fresh breath of that promising, changing air and breath out and expel any stress that's keeping us from reaching our goals or feeling our best. Below are some helpful tips and ideas to encourage a healthy body and mind as we enter this new season.

- Make sure you are getting 7-9 hours of sleep every night. A good night's sleep encourages a necessary "reset" for our brains and body helping us perform at our best.
- Eat a balanced diet. It seems simple enough, but it can be difficult to make sure we're fueling our bodies correctly. A balance of protein, fruits, veggies, and grains should do the trick. But, don't forget to save room to share some fun treats with friends.
- Stay hydrated! Did you know that a lack of hydration can cause an increase in heart rate, anxiety, low energy, and brain fog? Avoid all of that by getting plenty of water throughout your day.

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- Get active. It doesn't mean you have to start training for marathons! It can be as simple as beginning and ending your day with a 5 minute stretching routine. Put in your headphones and go for a lunchtime walk, try a beginners yoga class on YouTube, or start a work-out routine for 30 minutes 5 days a week. (Did you know creating routine throughout your day can also reduce stress?)
- Get organized. Create a clean and organized work space, clean your room, or create lists or goals/ things to accomplish. A clean work area and clear expectations can create a less cluttered and jumbled mind.

FUN MARCH DATES TO KEEP IN MIND

- **March 1st** – National World Compliment Day
- **March 6th** – National Oreo Cookie Day
- **March 8th** – National Women's Day
- **March 10th** – International Day of Awesomeness!
- **March 12th** – Plant a Flower Day

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We're Here to Help

REGIONAL CRISIS SERVICES

Great Rivers BHASO Crisis services:
Grays Harbor, Lewis & Pacific county: 800-803-8833

Olympic Health
& Recovery Services:
Thurston & Mason Counties:
360-754-1338 or 800-270-0041

Children's Mobile Crisis
Thurston & Mason Counties: 360-480-5721

SELF CARE

Self-care is an important part of the healthy mind/body/soul package. You can't pour from an empty cup, right? Make sure you're setting some time aside for yourself to rest and recharge. Here are some ideas:

- Begin or end your day with daily meditation
- Add self-affirmations to your morning routine
- Do something you enjoy every single day
- Reading, watching a show, drawing, exercise, etc.
- Self-care doesn't always mean bubble baths and face masks, it can also mean making sure you're setting health boundaries for yourself when it comes to your relationships
- **March 14th** – National Pi Day
- **March 17th** – St. Patrick's Day
- **March 20th** – First Day of Spring
- **March 30th** – National Take a Walk in the Park Day



True North Adolescent Behavioral Health Services:

360-464-6867
esd113.org/behavioral-health



Resources to Support Children's Mental Health

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