Dear Stress...We Need to Talk!

In February, BA High School Counselor, Christi Sturgeon, presented Dear Stress... We Need to Talk to approximately 50 parents, guardians, and BA Schools staff. Through an interactive presentation, she shared information about what stress is, how stress impacts the body and brain, as well as how to recognize individual stress triggers. Additionally, she shared several strategies to help parents and students better cope with stress. Below you will find a variety of resources with helpful information about stress and what you can do to manage it.

5 Things You Should Know About Stress
(National Institute of Mental Health)
"Everyone feels stressed from time to time, but what is stress? How does it affect your overall health? And what can you do to manage your stress? Here are five things you should know about stress."

Stress and the Brain
(Turnaround for Children)
Read this for "a deep understanding of how adversity and stress can affect the brain creates the foundation for supporting healthy, whole-child development."

How to Stop Yelling at Your Kids
(kidsinthehouse.com)
Dr. Dan Siegel answers the question "How can I stop flipping out so much?" in this short video.

Spring is just around the corner! After a very cold February full of constant shifts in schedules, warmer temperatures and more hours of sunshine will be welcomed with open arms!

This month's newsletter focuses on stress and ways to cope. You'll find a brief recap of our recent Dear Stress...We Need to Talk event inclusive of resources to help parents and guardians understand and manage their stress. Additionally, you'll find information about stress that's aimed at children and youth and specific strategies they can use to tackle their stress. Through a partnership with Daybreak Family Services and Family & Children's Services, Broken Arrow Public Schools is able to provide school-based counseling for students and families. If your family would benefit from these services, please use the link on page 2 to contact your school counselor for more information.

We Want Your Input!
We are in the process of planning future parent/guardian training events. We want to know what would be most helpful to you.

Please CLICK HERE and take a couple of minutes to answer a few questions and share your thoughts.

Thank you for your feedback!

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30 Mindfulness Activities for Parents to Help You Relax and Focus on the Present
(waterford.org)
Try one of these strategies to help you decompress!

How to Practice Gratitude and Improve Your Family's Mental Health
(healthychildren.org)
"The habit of gratitude can help us get off the treadmill of everyday life and acknowledge the small victories that we all have every single day."
It's Okay to Not Be Okay

Like adults, children and adolescents face pressure and stress from a variety of sources. It is important they understand that hard days are a part of life and that sometimes you don't feel okay and that's okay. Luckily, those feelings don't last forever.

Click Here to watch a video of some young people talking about what it's like living in the midst of a pandemic.

Children and youth look to adults for guidance and direction on how to handle various situations. We teach them how to manage money, keep themselves clean, and many other skills that are important in their journey to becoming productive people. It’s just as vital that we teach them skills for how to cope when things are hard. Below are a few resources where you can find several strategies that are appropriate for children and youth to use when the going gets tough. Click on the underlined titles to learn more!

Deep Breathing Exercises for Kids
(Coping Skills for Kids)
"A child therapist's favorite ways to help kids learn to take a deep breath, including quick explanations and videos of deep breathing techniques."

Stress and Coping Center for Teens
(Teens Health)
Learn about stressful feelings, how to know when stress is serious, and tools to manage stress.

Mindful March Action Calendar
(Action for Happiness)
"Daily actions to help you be more mindful and live in the moment."

Ask for Help!
Counseling Services Available

Community mental health agencies have been providing therapeutic services in school settings for decades. Broken Arrow Public Schools is proud to continue the partnership with Daybreak Family Services and Family & Children's Services to meet the social-emotional, behavioral, and mental health needs of our students and their families.

There are many benefits to having these partners in each of our schools, including:

- **reduced time out of class** as travel to another location for an appointment is not necessary.
- **flexibility** in how services are provided. Not only can therapists see a student during the school day, they can also meet with the student and family at home during school breaks or for additional sessions. Virtual appointments are possible as well.
- **multiple payment options**. Agency partners can bill your insurance or Medicaid, accept private pay, or assess your eligibility for financial assistance.
- **team support and communication**. Parents, caregivers, teachers, school counselors, and therapist can work together to ensure appropriate information is shared easily and students receive consistent support for their needs.

Contact your school counselor to get connected with these services.

Learn more! Click on the image above to watch a short video about school-based mental health services.