

# Mental Health Matters

November 2020



## Four Things You Can Do To Support Your Teen's Mental Health

### 1. Encourage them to share their feelings

Look for ways to check in with your teen. Ask them how their day has been and what they have been doing. It could be by inviting them to join you in a task, such as preparing dinner, so you can use the time to chat about their day.

### 2. Take the time to support them

Work together on setting up new routines and achievable daily goals. You could fit in home chores around school work or set a target like getting homework done before dinner.

### 3. Work through conflict together

Listen to your teen's views and try to sort out conflict calmly. Remember: everyone gets stressed!

### 4. Care for yourself

Caregivers have a lot to deal with. You also need care and support for yourself. Showing self-care is also a good way of modelling the practice to your teen.

Full article found at <https://www.unicef.org/parenting/health/four-things-you-can-do-support-your-teens-mental-health>

## Stress, depression and the holidays: Tips for coping

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

### Tips to prevent holiday stress and depression

**1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

**2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

**3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Full article found at <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>



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**In case of an Emergency:**

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 – (24 hours)

**November Calendar**

November 11th  
Veterans Day—Veterans!  
Thank You for your Service!

November 13th  
World Kindness Day

November 18th  
Mickey Mouse’s Birthday

November 18th  
Nat’l Educational Support  
Professionals Day

November 26th  
THANKSGIVING DAY!

November 27th  
National Native American  
Heritage Day

November 30th  
CYBER MONDAY

**NOVEMBER 14th, 2020 is National BLOCK IT OUT DAY!**

Last year, the second **National Block It Out Day (#BlockItOutDay)** was observed. An initiative of STOMP Out Bullying, the goal of this day is to block negativity from our digital lives and, by doing so, end cruelty, homophobia, LGBTQ+ discrimination, racism, hatred, shaming and online violence. On the first #BlockItOut day, over **2.5 Million** people created a chain reaction by participating in and spreading the word to their friends and family who **Blocked Out** cyberbullies, haters and trolls. Last year was very successful as we reached almost **3 million** on **National Block It Out Day**. **These kind of statistics prove that kids and teens are tired of the cyberbullying and online hate and negativity.** This annual campaign will take place every year on November 14th when everyone can use their power to #BlockItOut.

**What is Cyberbullying?**

Cyberbullying is when someone repeatedly and intentionally harasses, mistreats, or makes fun of another person online or while using cell phones or other electronic devices. Approximately 32% of the students surveyed by the Cyberbullying Research Center have experienced cyberbullying in their lifetimes. When asked about specific types of cyberbullying experienced in the previous 30 days, mean or hurtful comments (22.5%) and rumors spread online (20.1%) continue to be among the most commonly-cited. Twenty-six percent of the sample reported being cyberbullied in one or more of the eleven specific types reported.



**How Block It Out Day Works:**

On **Block It Out Day**, STOMP Out Bullying is encouraging everyone who is being bullied, trolled and mistreated online to not only block out their bully on social media, but to go a step further and encourage and empower their friends to block their own bullies as well. We can all control what we take in, and we can and should refuse to take in negative messages of hate and discrimination! We can and will erase negative messages. We can and will take that power away from our bullies.

We are asking youths around the world from every corner of the web to block out their bullies, erase the negative messages, and create a positive, safe digital space for themselves.

We are asking youths to encourage and empower their friends to do the same! We will create a chain reaction that will erase cruelty, homophobia, LGBTQ+ discrimination, racism and online hatred.

Students from the High School of Fashion Industries in New York City were the inaugural group to get involved in **#BlockItOutDay**. It is our hope that thousands of schools and companies will participate and join us on **Block It Out Day!** [Click HERE to Learn More](#)

(Full Article; <https://www.stompoutbullying.org/national-block-it-out-day>)