

Mental Wellness Awareness

AHS PTSA Presentation

February 7, 2019

Arcadia Unified School District Values:

Collaborate ~ Think Critically ~ Be Creative

Offer Empathy ~ Learn from Failure

Mental Wellness

According to the World Health Organization, mental health is defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. **Emotional Wellness** implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.

Mental Health:

- includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
- is important at every stage of life, from childhood and adolescence through adulthood.

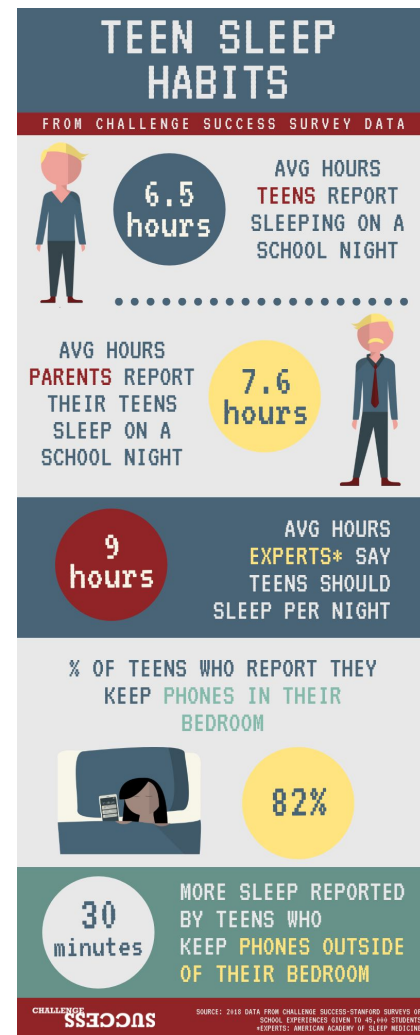
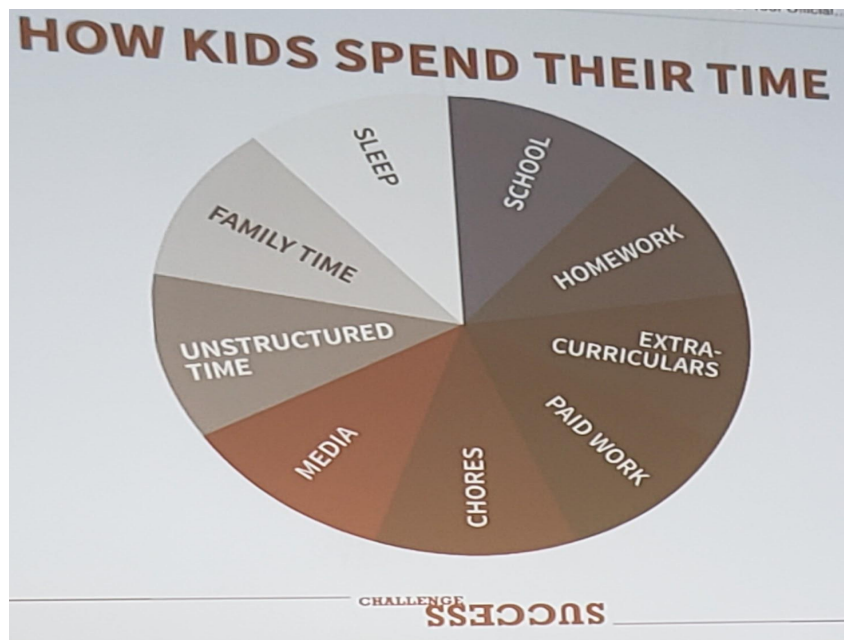


Stanford Research

From Challenge Success Survey Data

Life of a Student

- Sleep
- School
- Homework
- Extra-Curricular
- Paid Work
- Chores
- Media
- Family Time
- Unstructured time



Stanford Research

From Challenge Success Survey Data

- When people are living with high stress, they are less likely to sleep well, exercise and eat healthy foods, which may lead to additional stress.
- Resilience results from the interaction of an intrinsic resistance to adversity AND a strong relationship with important adults in family and community
-

wellness Together (Research and Statistics)

As parents, we need to teach the following skills to our children:

- Balance
- Resilience
- Insight
- Empathy



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What can we do to keep our brains healthy and active?

- Move your body
- Be out in nature
- Connect with other people
- Focus on one thing at a time
- Relax and unwind
- Sleep well
- Be spontaneous and playful
- Take time in to focus on your inner experiences

What can we do to promote mindfulness?

- Sleep time
- Play time
- Down time
- Time-in/Self-Reflection of your inner world
- Focus Time
- Connecting Time
- Physical Time



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Every kid needs:

Security: establishing dependence

Significance : ability to be independent, I can add value, feeling good about yourself

Sense of belonging: relationship / interdependence



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Wellness Together (Research and Statistics)

KEYNOTE SPEAKER: Dr. Jean Twenge (UCSD)

iGen, Generation Me



What happened?

- Percentage of Americans with smartphones reached over 50%

More time on screens and less time on non-screen activities.

- More time on internet, social media, gaming, texting, tv, video chat - linked to more unhappiness
- homework, working, print media, in-person social interaction, religious services, sports/exercise, sleeping 7+ hours night - linked to more happiness

wellness Together (Research and Statistics)



The smartphone is a tool you use - it should not be a tool that uses you.”

Since 2010, what has happened in how students spend their time? The Smartphone

- Increased time on social media across everyday on the increase for all demographic groups and genders
- Increase in screen time decreases time spent informally with peers and resulting in less sleep per night

How much is too much?

- 5 or more hours/day on electronic device:
 - 50% more likely not to sleep enough
 - 71% 1+suicide risk factor
 - Twice as likely to be unhappy



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(Research and Statistics)



What do we do?

- More face-to-face interaction and discussion with each other
- Put phones away during social activities
- Develop “soft/social skills” for careers
- No phones in bedrooms. No “vamping.” (on your phone instead of sleeping)
- Put phone on charger away from bed and shut down 1 hour before bedtime
- More face to face interaction, sleep, sports and exercise
- Helping iGen reach their potential -need help/guidance managing their screen time



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AUSD Commitment:



AUSD addresses social emotional needs in the following ways by building community in the following ways:

- Restorative Practices
- Leader in Me (TK-8)
- School Counselors support
 - Referrals to Asian Pacific Counseling and Treatment Center (APTC), Foothill Family, and Maryvale
 - Jewish Family Services Lunch Group (MS)
- Clubs
- Link Crew/WEB
- Technology free time/Cell-phone FREE Zone
- Mental Health Awareness Week: Therapy Dogs/Art/Slime
- Mindfulness Exercises



what is your family's role/commitment?

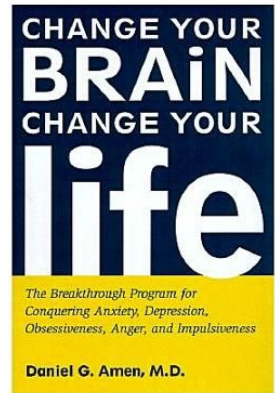
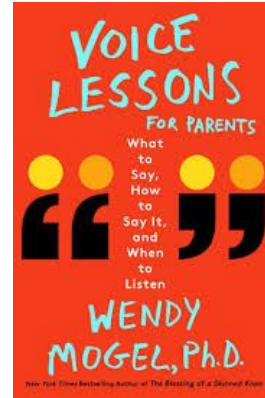
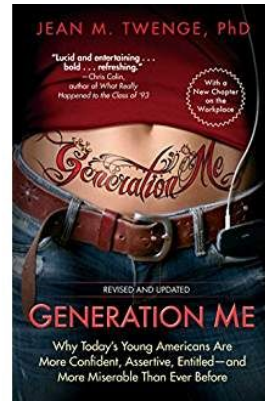
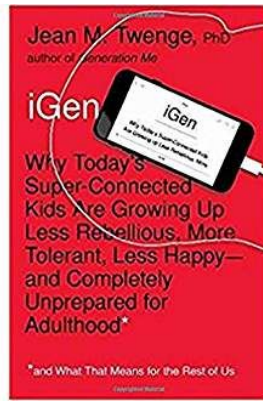
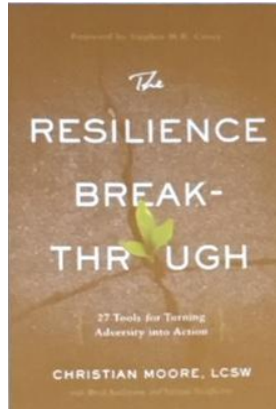
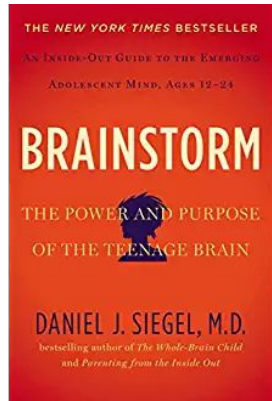
How do you as a parent **TEACH** these skills?

How do you as a parent **PROMOTE** these skills?

What are the **COSTS** to our children's mental wellness when we don't teach these skills?

How do you **ACCEPT** and **RESPECT** your child for who they are?

Mental wellness



RESOURCES



California's Mental Health Movement

<https://tinyurl.com/ycjt5t3a>



Mindfulness Activity



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RESOURCES:

<http://walkinourshoes.org/>

<https://childmind.org>

<https://namica.org/nami-on-campus/> (Calif mental health initiative)

<https://tinyurl.com/y73bw7kr>

<https://www.amenclinics.com/conditions/anxiety-and-depression/>

<https://www.headspace.com/science> (meditation)

American Foundation for Suicide Prevention <https://afsp.org/>

CDE Suicide Prevention Web Page <https://www.cde.ca.gov/ls/cg/mh/suicideprevres.asp>

CDE Student Mental Health Policy Workgroup <https://www.cde.ca.gov/ls/cg/mh/smhpworkgroup.asp>

National Suicide Prevention Hotline 1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

Article on the value of play time: [All Work No Play](#)

TEDTALK- The Decline of Play <https://www.youtube.com/watch?v=Bg-GEzM7iTk>

