



YScreen is the emotional health screen offered to all 9th grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

May 2017
Mental Health Awareness Month
Mindfulness Activities

Mindfulness has been found to improve mental health and wellbeing. Being mindful means paying attention to the present moment, exactly as it is. This month we are focusing on mindfulness activities we can promote to our youth.

The Come-Back Method:

When your child may be struggling with worries or fear, ask them to “Come-back” by taking a calming breath and focus on what they are doing in the present moment. (i.e. tapping foot, walking, talking, riding in the car)

Three Senses Method:

Another helpful mindfulness trick is to ask your child what they are experiencing in the present moment through three senses – sound, sight, and touch. Ask them to take a few slow breaths and ask the following example questions:

- What are three things you hear? (i.e. clock on the wall, car going by, music in the next room, my breath)
- What are three things you see? (i.e. this table, that sign, that person walking by, a blue sky)
- What are three things you can feel? (i.e. the chair under me, the floor under my feet, my phone in my pocket)

Mindfulness activities are endless. To learn more, please visit:

<http://mindfulnessforteens.com/guided-meditations/>

YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information, please contact us at **(920) 906-6700 ext. 4714**.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way, Agnesian HealthCare, and the Wisconsin Partnership Program through the UW School of Medicine and Public Health.