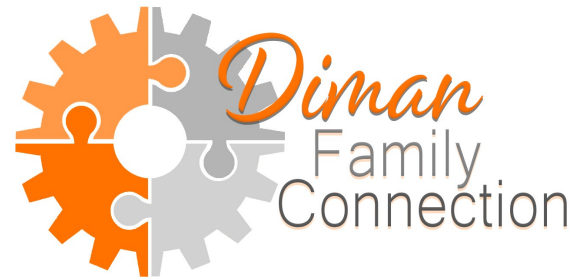


Social Emotional Wellness

Dealing with Stress!



Welcome back to our new Social Emotional Wellness newsletter, brought to you by Diman Family Connection!

In each newsletter we hope to highlight a hot topic to help support you with common challenges for students and families.

STRESS?!?!

Did you know April is National Stress Awareness Month? It's definitely worth talking about and understanding! Like anxiety, not all stress is a bad thing...but long term stress can have significant impact on mental and physical health. It is so important to work on skills toward resilience while knowing we can recognize stress in our lives and how to manage it in a healthy way. Please check out the below resources to help families through the challenges around stress!

- **Tips for Parents and Caregivers** - Identify warning signs that your child may be struggling with their mental health and learn how to recognize when they need help
- **Getting to Know Your Brain: Dealing with Stress** – Watch this video about what stress and anxiety are, where they come from, and different ways of coping with them
- **Stress vs Anxiety** – Find out the differences between the two and how to cope!
- **10 Ways to Manage Everyday Stress (for Teens)** – You can't avoid stress, but you can work on ways to help you manage the regular stress
- **Help Your Teen Cope with Stress** - Review common causes of teenage stress and how you can help them manage it
- **Ready to Snap? Tips for Stressed Out Parents** – Check out these tips to help you keep your cool when it really counts

Visit the **[Diman Family Connection](#)** website for more information on Diman, community resources, parent trainings, and various additional supports!



Visit the **[Diman Direction Facebook Page](#)** for information on community events and resources, employment, and so much more!

Please feel free to reach out to School Adjustment Counselor, Michaela Gagne, at mgagne@dimanregional.org with any questions, comments, concerns, or topics you would like to explore!

