

Macoupin County Maple Street

School Linked Health Center



Managing School Stress

Winter 2016

Stress is a common complaint among school age children and their parents. Homework, social situations and extracurricular activities such as sports or clubs can at times feel overwhelming. Not to mention the constant pressure of performing well academically. While any single stressor is usually easily managed, multiple stressors at the same time can get overwhelming fast. Below are a few suggestions for managing stress. As you work through your stress, keep in mind that each individual person is different, so stress management techniques that work well for one person may be different for another. The key to both short term and long term stress management lies in finding what works best for **you**.

Here are five healthy techniques that psychological research has shown to help

reduce stress in the short and long term.

Take a break from the stressor. It may seem difficult to get away from studying for a big test or writing a paper, but give yourself permission to occasionally step away from it. By taking a 20 minute break, you let yourself have time to do something else, which can help you have a new perspective or practice techniques to feel less overwhelmed. Keep in mind, you want to take a break, not avoid the stressor altogether. Make sure to avoid procrastination, or that will simply add even more stress to your life.

Exercise. The research keeps growing — exercise benefits your mind just as well as your body. We keep hearing about the long-term benefits of a regular exercise routine. But even

a 20-minute walk, run, swim or dance session in the midst of a stressful time can give an immediate effect that can last for several hours.

Smile and laugh. Our brains are interconnected with our emotions and facial expressions. When people are stressed, they often hold a lot of the stress in their face. So laughs or smiles can help relieve some of that tension and improve the situation.

Get social support. Call a friend, send an email. When you share your concerns or feelings with another person, it does help relieve stress. But it's important that the person whom you talk to is someone whom you trust and whom you feel can understand and validate you. If your family is a stressor, for example, it may not al-

leviate your stress if you share your stress with one of them.

Balance. Many people get stressed out because they have committed to too many activities or obligations. If this applies to you, make a list of all the things causing you stress. Then, mark the items that are optional. For example, you have to attend math class, but if you are also in three after school clubs, perhaps one of them can be dropped. People who manage stress well are not afraid to say “no” every once in a while. These people know that if they do not take good care of themselves, they are in no position to help others. Finding your personal balance is a key component in stress management.



The Maple Street School Linked Health Center

109 E Maple St, Gillespie, Illinois 217-839-1526

Open Monday through Thursday 8 a.m. to 6 p.m. , Friday 8 a.m. to 5 p.m.

Same day appointments available. School physicals, sick visits, and immunizations.

PARENTS ARE THE KEY TO SAFE TEEN DRIVING



Getting a new driver's license is usually an exciting time for a teenager, but can be nerve-racking for parents. Every day in the United States, 6 teens are killed in an automobile related accident, and thousands more are injured*. These accidents and injuries are preventable, and as a parent, YOU are in the driver's seat. Below are the 8 factors that most commonly contribute to teen driving accidents. Familiarize yourself with them, and talk to your children about how to be safe on the road. This conversation can begin much earlier than when your kids are legally allowed to drive.

Risk #1: Driver inexperience

- Crash risk is highest in the first year a teen has their license
- Provide at least 30 to 50 hours of supervised driving practice over at least six months
- Practice on a variety of roads, at different times of day, and in varied weather and traffic conditions
- Stress the importance of continually scanning for potential hazards including other vehicles, bicyclists, and pedestrians.

Risk #2: Driving with teen passengers

- Crash risk goes up when teens drive with other teens in the car.
- For the first year of driving, limit the number of teen passengers to zero or one.

Risk #3: Nighttime Driving

- Fatal crashes are more likely to happen at night.
- Don't let your teen drive past 9-10pm for the first 6 months of having a license
- Practice driving at night with your teen

Risk #4: Not using Seat Belts

- Using seat belts is the simplest way to reduce injury and fatality during a car crash
- Wear a seat belt every time you are in a vehicle, even in the back seat.

Risk #5: Distracted Driving

- Don't allow any activity that takes the drivers attention away from driving. This includes cell phone use (including "hands free"), eating and playing with the radio.

Risk #6: Drowsy Driving

- Teens are most at risk when driving early in the morning or late at night.
- Know your teen's schedule and make sure they are rested before driving.

Risk #7: Reckless Driving

- Teens typically lack the experience, judgment and maturity to fully assess the driving situation
- Make sure your teen knows to abide by posted speed limits and adjust speed to match road and/or weather conditions
- Make sure your teen knows to leave plenty of space between themselves and the

car in front of them.

Risk #8: Impaired Driving

- Be a good role model—never drink and drive
- Make sure your teen knows the risks of impaired driving. Even one alcoholic beverage can slow reaction time.
- Talk to your kids about the effects of illicit drugs, alcohol, some prescription medications, and other things that can impair driving and risk overall safety.

Last but not least, you can enter into a parent-teen driving agreement with your son or daughter. This means that rules are written down, discussed and signed by both parties. To see a sample of a teen driving agreement, ask your Maple Street Clinic medical provider, or go to the web site:

https://www.cdc.gov/parentsarethekey/pdf/patk_2014_teenparent_agreement_ap-a.pdf

*According to the Centers for Disease Control and Prevention



FAMILY RECIPE

Chili's Monterey Chicken

Ingredients

- 1 boneless skinless chicken breast
- 2 teaspoons barbecue sauce
- 2 slices crisp bacon (should be very crispy)
- 1/4 cup Monterey jack and cheddar cheese blend

Directions

- Pound chicken breast until it is somewhat flattened, and season with salt and pepper.
- Spray Pam in a nonstick skillet, and cook chicken breast until it is done.
- Transfer to a serving plate.
- Top chicken breast with Barbeque sauce, bacon, and cheese.
- Broil chicken breast in the oven, or melt the cheese in a microwave.
- Sprinkle with a small amount of cold chopped tomatoes and chives.



A School Health Center helps students stay healthy and in school. This is a partnership that benefits student, parent, school and community.

The Maple Street School Linked Health Center, located at 109 E. Maple Street in Gillespie, is a state-certified model of care and staffed by a team of qualified providers (doctor, psychiatrist, physician assistants, nurse practitioners, dentists, counselors, nurses, dietitian, and health educators.)

The Health Center serves children ages 3 to 19 that are enrolled in participating school districts. To receive medical or dental services a child must be enrolled in the School Linked Program.



WIC TO 5

Did you know that you can enroll your child in WIC any time up to age 5? Many parents think that WIC just supplies formula for babies. The truth is WIC helps grow healthy kids. Call 217-854-7272 for more information.

Need a ride to the Maple Street Clinic?

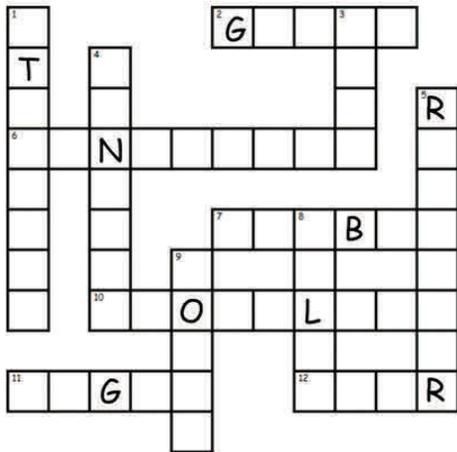
The Macoupin County Public Transportation Program will transport you and your family to the Health Clinic Free of charge.

Call 877-600-0707 (toll free)
or 217-839-4130
to schedule a ride to the clinic.



WINTER FUN!

'Tis the Season



Across

2.



10.



Down

1.



5.



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11.



3.



8.



7.



12.



4.



9.



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Winter Word Search

C	S	M	F	S	N	O	W
O	C	B	R	C	S	M	H
A	A	Q	O	O	B	V	K
T	R	E	S	L	F	E	I
W	F	O	T	D	Q	S	Z
L	W	K	Y	Q	I	C	E
V	Q	W	I	G	L	O	O
H	W	I	N	T	E	R	N

COAT
COLD
FROST
ICE

IGLOO
SCARF
SNOW
WINTER



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