

February 2023



Wellness Newsletter

Brought to you by Millikan Wellness Center

Movement and Mental Health

Physical activity has a small but significant effect on the mental health of children and adolescents ages 6 to 18.

On average, young people who exercise more have lower levels of depression, stress and psychological distress, and higher levels of positive self-image, life satisfaction and psychological well-being. Exercise may also protect children's mental health over time.



Upcoming Events

- Ways to Love Yourself
 - 2/6 through 2/28 at Lunch
- Dimensions of Wellness Discussion
 - Tuesday; 2/7 at Lunch
- DIY: Valentine Candy Gram
 - Tuesday 2/14

Need Support?



Contact Information:
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Impact on Teen Mental Health

- Positively impacts levels of serotonin, a chemical that helps regulate mental health.
- Releases endorphins, the body's natural "happy chemicals."
- Lowers levels of the stress hormone cortisol.
- Stimulates the neurotransmitter norepinephrine, which improves mood.
- Increases self-esteem and body positivity.
- Helps teens sleep better.



<https://health.usnews.com/health-care/for-better/articles/2018-05-28/getting-the-benefits-of-exercise-for-teen-mental-health>

7 Strategies for Starting an Exercise Routine



- Stay safe
- Find what motivates you
- Think of it as something you get to do, not have to do
- Start with just a few minutes and build up over time
- Make it a family affair
- Any physical activity is beneficial so just do something
- Provide yourself with a healthy reward

<https://www.apa.org/topics/covid-19/children-exercise-strategies>



Have you tried yoga?



MEMO

Adding mindfulness to the everyday activity of walking has both mental and emotional benefits. Take this list with you on your next walk and see for yourself!

Nature Scavenger Hunt

- | | |
|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> flower | <input type="checkbox"/> rocks |
| <input type="checkbox"/> water | <input type="checkbox"/> green leaf |
| <input type="checkbox"/> tree | <input type="checkbox"/> grass |
| <input type="checkbox"/> spiderweb | <input type="checkbox"/> bird |
| <input type="checkbox"/> sand or dirt | <input type="checkbox"/> cloud |
| <input type="checkbox"/> bug | <input type="checkbox"/> ant |
| <input type="checkbox"/> brown leaf | <input type="checkbox"/> tree bark |
| <input type="checkbox"/> butterfly | <input type="checkbox"/> fern |

List three ways you can add more movement to your day!

<input type="checkbox"/>	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>