Santa Paula Unified School District

Mental Health Matters

April 2026

Mental Health and Stress Managment

April marks Stress Awareness Month, an opportunity to understand stress, learn healthy coping strategies, and prioritize our well-being every day.

Understanding Stress

- Stress is a normal response to challenges and can help us stay focused.
- Ongoing stress can impact both mental and physical health.

Recognizing Signs of Stress

- Feeling overwhelmed, anxious, or irritable
- Trouble concentrating or making decisions
- Changes in sleep, appetite, or energy
- Fatigue, headaches, or withdrawing from others

Recognizing signs early helps prevent long-term stress.

Impact of Chronic Stress

Chronic stress can increase the risk of anxiety and depression, disrupt sleep, and weaken the immune system. It can also negatively affect performance, relationships, and overall well-being.

Healthy Ways to Cope

Mind: Practice mindfulness, reflect with gratitude, and make time for activities you enjoy.

Body: Get enough sleep, stay physically active, and eat balanced meals.

Connection: Stay connected by talking with trusted people and reaching out for support when needed.

Everyday Tips

- Break tasks into smaller steps
- Set realistic goals
- Stay organized
- Take short breaks
- Pay attention to stress signals

Supportive Community

- Show kindness and empathy
- Talk openly about mental health
- Support one another

OPTUM

Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free **888-444-8624** any time
OR
Go to **www.liveandworkwell.com** and browse as a guest using code **CSEBO**

mental health matters

988 SUICIDE & CRISIS LIFELINE

Key Takeaways

- Stress is a normal part of life
- Long-term stress can impact health and well-being
- Small daily habits can make a big difference
- Support is available, you are not alone

This Stress Awareness Month, take time to reflect, reset, and care for your well-being. By building healthy habits and supporting one another, we can create a stronger, healthier school community for all.

Full Articles Found at:https://med.stanford.edu/news/insights/2025/12/stress-management-coping-skills-and-tools.html
https://www.cdc.gov/mental-health/living-with/index.html

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Stress Management Activity.

Students at Isbell, SPHS, and RHS took part in a schoolwide activity where they found hidden positive messages in sand. This hands-on experience encouraged conversations about stress and highlighted the importance of positivity in supporting mental health and resilience.









mental Health Matters

Local and National Resources and Support

911 For Immediate Support
Ventura County Crisis Team (866) 998-2243 (24 hours)
Suicide Prevention Lines (24 Hours)

- **National Suicide Prevention Lifeline** 988 or (800) 273-8255
- **Suicide Prevention Crisis Line** (877) 727-4747
- **National Hope line Network** (800) SUICIDE or (800) 784-2433
- **California Youth Crisis Line** (800) 843- 5200 –24 hours, bilingual
- **TEEN LINE** (310) 855-4673 or text TEEN to 839863 – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email, and message board also available, with limited hours—visit http://teenlineonline.org for more information.
- **The Trevor Project** (866) 488-7386 – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours—visit www.thetrevorproject.org for more information.

In case of an Emergency:

911 For Immediate Support
Ventura County Crisis Team
(866) 998-2243 (24hrs)