



Everyone experiences feelings of **ANXIETY** from time to time. These feelings can range from a mild sense of uneasiness to full-blown panic depending on the person and the situation. It is natural for unfamiliar or challenging situations to prompt feelings of anxiety or nervousness in people of all ages. These experiences can trigger anxiety because they cause us to focus on the “what if.” What if I mess up? What if things don’t go as I planned?

Some amount of anxiety is normal and can be motivational. It helps us stay alert, focused, and ready to do our best. Anxiety that is too strong, or happens a lot, can become overwhelming. It can interfere with your ability to get things done, and in severe cases, can take over the good and enjoyable parts of life.

Kids don’t often say “I feel anxious” They may exhibit the following:

- *Headaches
- *Stomachaches
- *Muscle tension
- *Trouble sleeping
- *Trouble concentrating
- *Irritability
- *Worries might cause them to miss school and/or avoid social activities

These problems can affect a child’s day to day functioning, especially when it comes to concentrating in school, sleeping, and eating.

What has my child learned about anxiety?

Prairie Woods Elementary

Students focused on mindfulness during the month of November. They learned signs and symptoms of stress, why stress occurs and had the opportunity to practice relaxation techniques in the classroom.

Some ideas included:

- * Deep breathing
- * Imagining a happy place/thought
- * Listening to relaxing music, and muscle relaxation techniques.

We encourage families to keep an open line of communication with their children, as talking with a trusted adult about feelings is an important start to managing their emotions. School social workers and nurses also can help individual students as needed.

Middle School

RAPP classes have been addressing how students can cope with “worrying” or anxiety. School social workers and nurses can also help individual students as needed.

Here are some helpful ideas:

- * Calm your mind and body, using slow, deep breathing. Focus on something good.
- * Think through all of your options to solve the problem. Choose the best option.
- * Sleep on it. Our brain works through problems while we sleep.
- * Let go of the things you cannot control. Ask yourself, “Will this be important 2 months from now?” If not, let it go.
- * Regarding schoolwork, complete work on time, so you are well prepared for class and tests.
- * Develop good habits for sleeping, healthy eating, exercise, and positive support from family and friends

High School

***MN Adult and Teen Challenge:**

Spoke about the need to talk about life’s challenges and find healthy ways to deal with stress and anxiety as an alternative to self-medication.

***Senior Classroom Talks:**

Conversation acknowledged the stressors of planning for post-secondary training and all that needs to be done during the senior year. Advice was given on how to manage school, activities, friends/family as well as making plans for the future. Discussion also included identifying their resources and support systems for next year.

***Cafeteria Activity:** During the month of December counselors set up a display with information on general anxiety, test anxiety and stress reducing activities.
* Counselors and nurses can also help individual students as needed.

~Resources for the holiday (and any) season~

The Link (Local Advocacy & Resource Network)

(Financial outreach when all other resources are exhausted, Tuesday table (free community meal), food pantry, household exchange, backpack program)

206 N. Main St., New London, MN 56273

(320) 353-5555

Hours: Tuesday & Thursday 9-3; 3rd Wednesday of each month 4-7

Community Closet

(Clothes, shoes, purses)

206 N. Main St., New London, MN 56273

Hours: Tuesday 2-6, Thursday 10-2, Saturday 9-1

Hope Care Pantry

(Hygiene products, children supplies, and household items)

7730 North Shore Dr., Spicer, MN 56288

(507) 220-0516

Hours: 1st and 3rd Tuesday of each month 12:00 – 1:30

United Community Action Partnership (Heartland)

200 4th St. SW Willmar, MN 56201

(320) 235-0850

Kandiyohi County Human Services

(Energy and mortgage assistance, home repair loans, rent, WIC, clothing and food)

2200 23rd Street NE, Willmar, MN 56201

(320) 231 -7800

Hope Pregnancy Center

325 4th Street SW

Willmar, MN 56201

(888)235-7619

Hope for our City

(Grocery distribution)

1020 Hwy. 71 NE, Willmar, MN 56201 (across from Flags of Honor)

Hours: every Wednesday 5:30 – 6:30

Family Promise of Kandiyohi County

(Help for homeless families)

312 6th street, Willmar

320-441-2288,

Suicide Helpline – 800-273-8255 or text “life” to 61222

Woodland Mobile Crisis Unit (320) 231-9158

MN Domestic Violence Crisis Line 1-866-223-1111

Detox or 24 hour Emergency 888-959-6280

Alcoholics Anonymous 320-235-3413

Contact us!

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