BACKPACK NEWS KIDS

Fort HealthCare FOR HEALTH

Taking Charge of Anger

Everyone gets angry from time to time, and it can be hard to learn what to do when you have angry (or other) strong feelings.

What is anger?
Anger is an emotion that we feel when we are upset, unhappy or sad. Anger happens for many reasons—maybe you don't understand your homework, or you lose a game/match with sports. Sometimes you may feel angry and not know why.

It can be important to get angry at times (like when you need to stand up for yourself), but it has to be released the right way otherwise it can build and build, and then you "lose your cool".

What should I do if I get angry?
Admitting to yourself that you are angry is the first step to figuring out why and to help prevent the situation from happening again.

It can be helpful to talk to an adult about your anger, and work on solutions to help those feelings go away.

Never getting angry is impossible, but, the way you act when you're angry can make the situation better or worse!

Anger Busters
Here are a few ideas you can do when you start to feel angry:
- Count to 10 and take deep breaths
- Run in place, do some jumping jacks or another exercise that you enjoy
- Play a sport
- Draw a picture of your anger
- Think about ways to improve how you are feeling
- Sing along with music
- Talk with an adult or friend
- Think good thoughts

Source: https://kidshealth.org/en/kids/anger.html#catemotion

School Nurse Shout Out!

National Nurses Week 2022 is Friday May 6-Thursday May 12. What's better than to celebrate your FANTASTIC school nurses!?

The Fort HealthCare School Nurse program began in December 1995 and has grown considerably since that date.

Currently, the Fort HealthCare School Nurse program has 21 nurses that contract with 11 districts in 5 counties and serve between 16,500 and 17,000 students. Amazing!

Give your school nurse some love today!

Spring Exercise

Spring is here, which means it is a great time to spend time outside and play!

Kids should aim for 60 minutes of exercise every day, and here are a few ideas for how to get that amount:

Spring Exercise Ideas
- Bicycling
- Playing catch/frisbee
- Going to the park
- Hide-and-seek
- Hopscotch
- Hiking
- Yard work
- Playing tag
- Basketball
- Chasing bugs
- Jump rope

Mental Illness in Kids-Know the Signs

Mental illness in children can be difficult to identify, and many children don't get the help they need. Understanding how to recognize the warning signs of mental health can help you get your child the treatment needed.

What are the warning signs of mental illness in children?
- 2+ weeks of persistent sadness
- Talking about death, suicide or hurting oneself
- Drastic changes in mood, behavior or personality
- Avoiding social interactions
- Changes in eating habits, loss of weight or difficulty sleeping
- Changes in concentration or academic performance

What should I do if I think my child has a mental health condition?
Talking with your child's Primary Care Provider and describing the behaviors that concern you/you've noticed is the first step to helping your child.

Your child's provider may suggest being evaluated by a specialist, and other components of the evaluation may include:
- Medical exams and medical history
- Family interviews
- Tracking the progress of the symptoms/changes

How can I help my child cope with mental illness?
- Learn about the illness
- Consider family counseling
- Enroll in parent training programs
- Explore stress management techniques
- Seek ways to relax and have fun as a family

Source: https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577