DE-STRESS MONDAY

Resources for Adolescents

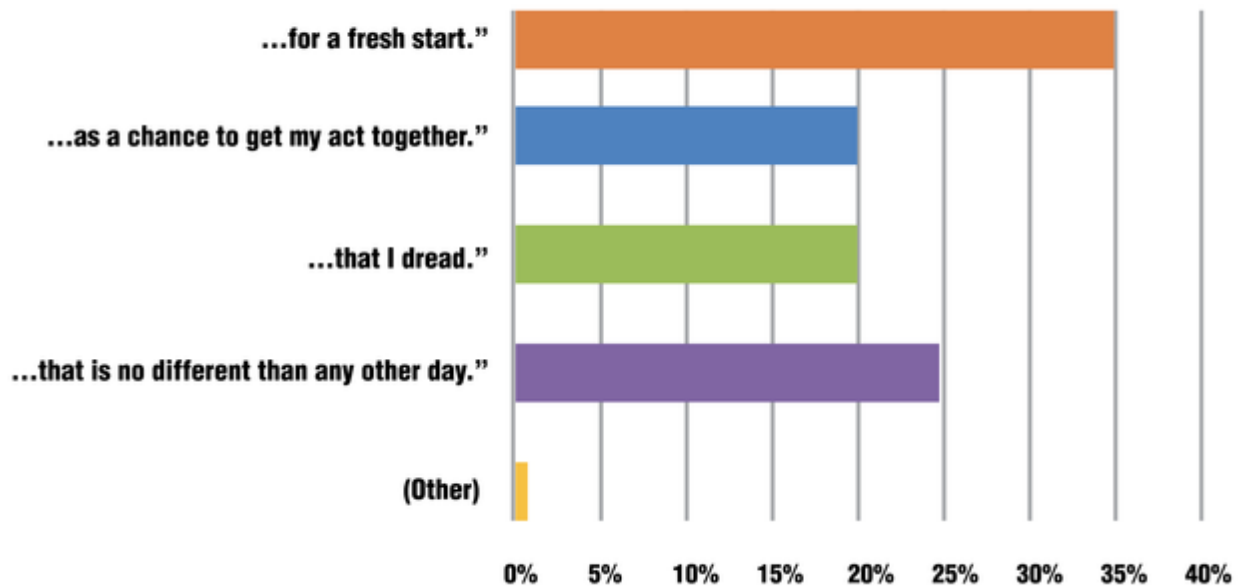# What's Inside this Packet:

What is Healthy Monday?[1]

Healthy Monday is a national initiative to stop the spread of chronic, preventable disease by offering a weekly prompt to help individuals and organizations start & sustain healthy behaviors.

The Monday Effect:[2]

In western culture, Monday is the start of the traditional work and school week. Starting healthy behaviors at the beginning of the week has the potential to reduce negative health events.

Monday is a fresh start.

"I see Monday as a day...

Response	Percentage
...for a fresh start."	~35%
...as a chance to get my act together."	~20%
...that I dread."	~20%
...that is no different than any other day."	~24%
(Other)	~1%

0% 5% 10% 15% 20% 25% 30% 35% 40%
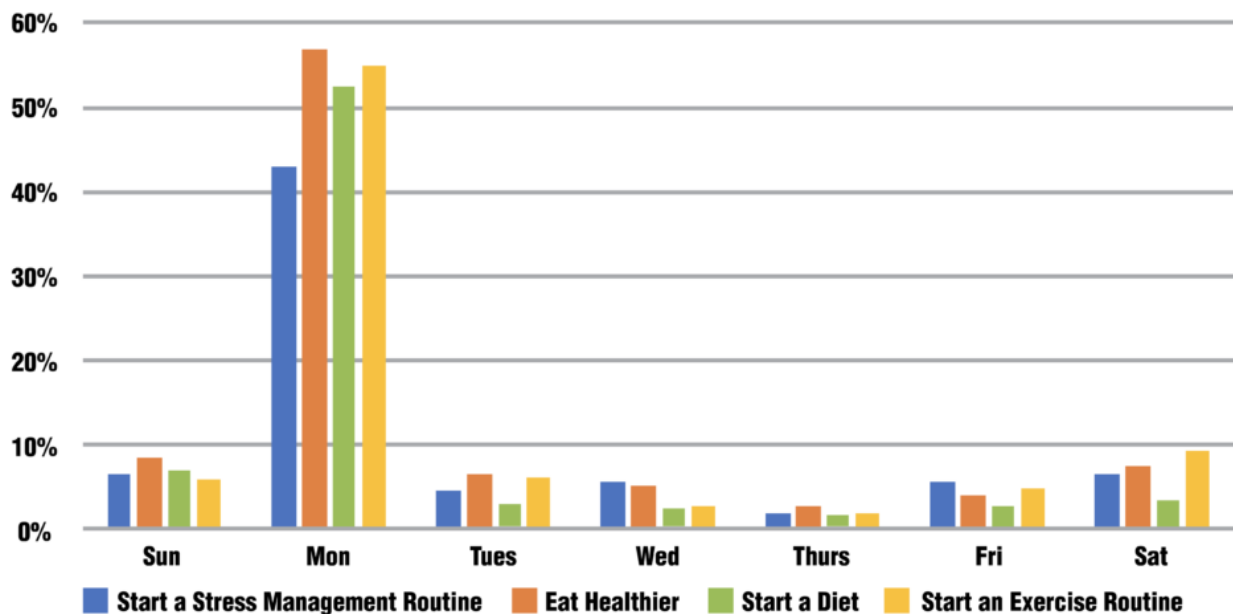
People are more likely to start a healthy behavior on Monday compared to any other day of the week.

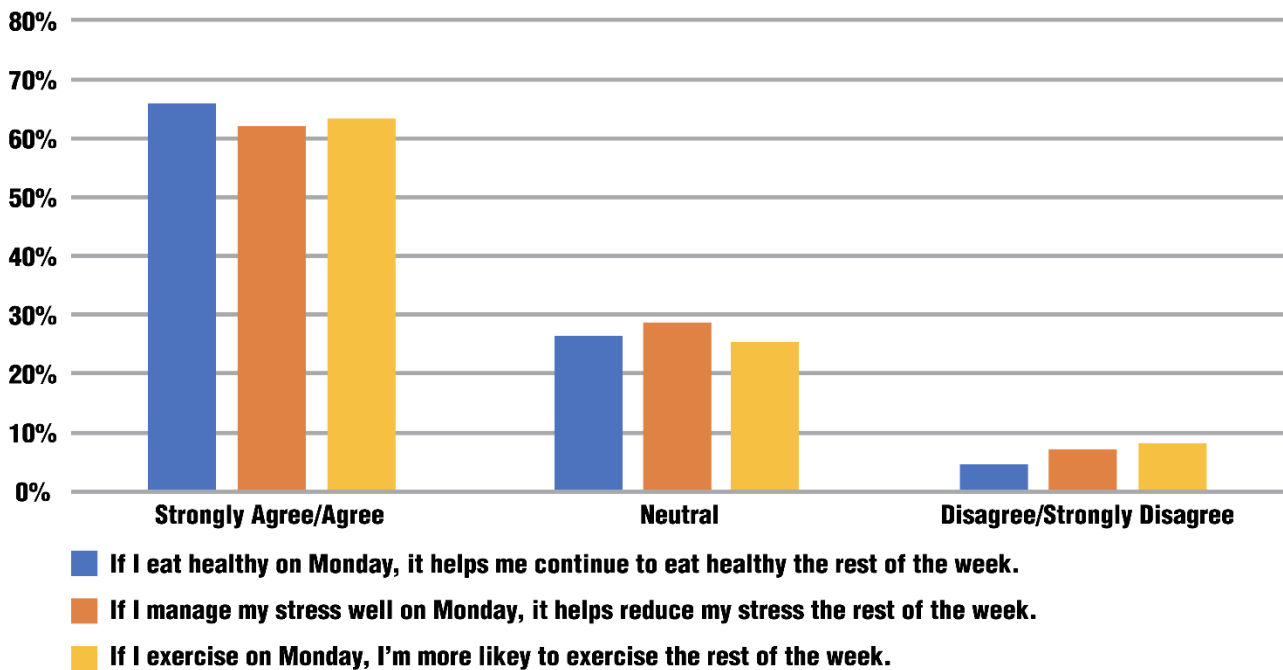# There's an upsurge of healthy intentions on Mondays.

What day of the week are you most likely to…?

| | Start a Stress Management Routine | Eat Healthier | Start a Diet | Start an Exercise Routine |

And those who start a healthy behavior on Monday are more likely to continue that behavior throughout the week…

Monday helps people sustain healthy behaviors.

Does Monday affect your intentions for the rest of the week?

Legend:
- If I eat healthy on Monday, it helps me continue to eat healthy the rest of the week.
- If I manage my stress well on Monday, it helps reduce my stress the rest of the week.
- If I exercise on Monday, I'm more likey to exercise the rest of the week.

…which creates sustainable, healthy lifestyle changes.

Chronic Disease:[3]

Chronic disease is the leading cause of death and disability in the U.S.:

✓ **6 in 10 adults have a chronic disease**
✓ **4 in 10 adults have two or more chronic diseases**

This costs the US $3.3 trillion in annual health care costs

HEART DISEASE   CANCER   CHRONIC LUNG DISEASE   STROKE   ALZHEIMER'S DISEASE   DIABETES   CHRONIC KIDNEY DISEASE

Chronic disease is preventable and modifiable. Some lifestyle risks are; tobacco use, poor diet/nutrition, lack of physical activity, and excessive alcohol use.

Health is more than Your Behavior

It's important to note that multiple different factors play into the health of a person, factors beyond what a person eats, drinks, and how often they exercise. These are the social determinants of health, the structures in which people live, work, age, and play. The big five social determinants of health are: neighborhood and built environment, economic stability, education, social and community context, and health /health care.[4] Kids are susceptible to all of these factors and have no control over them because they do not have the authority to decide the environment in which they grow up. All of these factors, and many more, affect the mental health of those living in these conditions.

The Healthy Monday Campaigns

Move it Monday encourages a healthy start to the week via physical activity and exercise for people of all abilities (moveitmonday.org).

The **Monday Mile** is a one-mile route mapped out with directional signage to encourage physical activity at the community level. Most of the Monday Mile routes are accessible (lernercenter.syr.edu).

Good for your health and the health of the planet. Promotes eating more plant-based foods on Monday. **Meatless Monday** provides recipes and information to help people start their week healthy and meat free (meatlessmonday.com).

Quit & Stay Quit Monday uses Mondays as a tool to help quit smoking tobacco and to stay quit. Through various resources, people are supported throughout their quit journey (iquitmonday.org).

DESTRESS MONDAY

(destressmonday.org)

✓ Views Monday as a day to start fresh mentally and emotionally.

✓ Supports a positive perspective for the week

✓ Offers tips and guides to complete the *DeStress Monday Refresh* and reduce stress through evidence based tools.

DO THE MONDAY REFRESH!

BREATHE

Focus on your breathing to settle your mind.

BE MINDFUL

Let go of thoughts about the past and worries about the future. Be in the moment.

SHIFT TO THE POSITIVE

Detach from any harmful feelings and redirect your thinking to be positive.
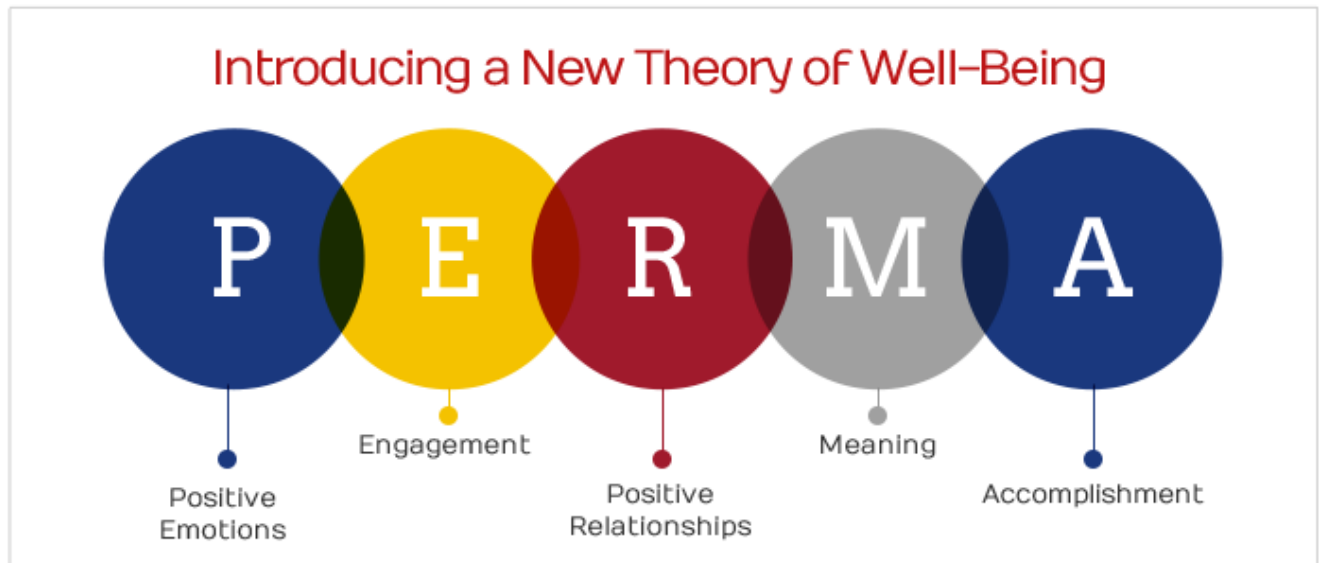
GET MOVING

Improve your mental well-being with exercises like walking, jogging, cycling, and yoga.

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The Science Behind Destress Monday

Positive Psychology is the study of strengths that allow individuals and communities to thrive. DeStress Monday's philosophy is based on Positive Psychology and the belief that people want fulfilling lives that are meaningful, bring out what is best in themselves, and enhance all their experiences.[3] DeStress Monday uses evidence-based positive psychology practices to improve the mental and emotional wellbeing of individuals and communities. According to the PERMA™ Theory of Wellbeing, positive emotions (P) and engagement in daily activities (E) are two pathways to increase one's overall wellbeing. Experiencing positive emotions involves making peace with the past, enjoying the present, and being hopeful toward the future. Being engaged in your day to day includes practicing mindfulness and managing daily stressors.[3] DeStress Monday offers support for those to start the week off with a grounded and positive mindset.

DE STRESS MONDAY

The following tips & activities are designed for middle school age kids to help them build resilience, manage stress, and develop a more positive mindset.

Each tip has a link at the bottom of the page for more information.

Coping Techniques:

activites to help students wind down when feeling overwhelmed with emotion.

5-4-3-2-1:

This grounding activity can bring one back to the current moment when one's mind begins to race. Begin by breathing deeply and slowly, then start to name 5 things you can see, followed by 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Repeat if necessary.

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.

Acknowledge **4** things that you can touch around you.

Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.

Acknowledge **2** things that you can smell around you.

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https://www.destressmonday.org/unwind-monday-5-4-3-2-1-coping-technique/

Tame Your "Monkey Mind:"

To introduce this skill, do the following activity with the students:

1. Have one student be your volunteer. Send that student to wait out of earshot.
2. Tell the rest of the group that you will recite a series of words or numbers to the volunteer. The volunteer has to try to repeat the series back to you.
3. It is the group's job to be as distracting as possible to the volunteer as they try to hear and repeat what you said.
4. Once the volunteer comes back and you give the volunteer the instructions, the group can begin distracting the volunteer.
5. After a minute or two, introduce the "Monkey Mind" tip.
   a. Talk about how the other students distracting the volunteer made it hard for them to hear and repeat your words, much like a distracting "Monkey Mind" can make it difficult to focus.
6. Repeat the activity *with the students sitting quietly*.
7. Discuss the different experiences as a large group.


https://www.destressmonday.org/taming-monkey-mind/

Visualize Your Happy Place:

Have the students either draw, use magazines and other items to create a collage, or find another way to make a visual representation of their happy place so when they are feeling stressed and overwhelmed they have a physical reminder of a happy place to go to.

https://www.destressmonday.org/monday-take-moment-find-calmest-self/
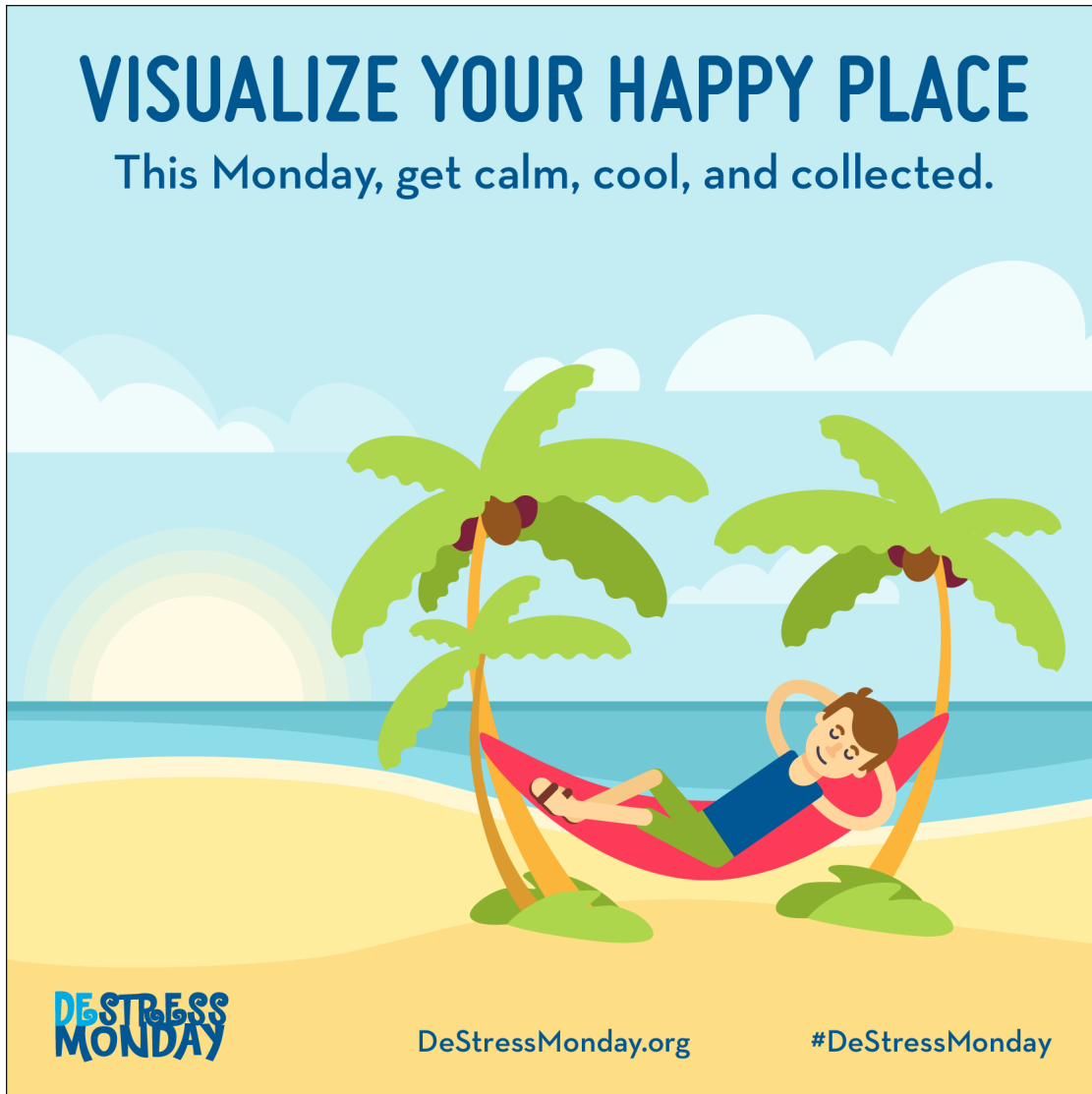
Anger Iceberg:

Recommended when a student(s) is expressing anger to help them navigate what is it they're feeling and why. It will help students understand that anger is sometimes covering up other unwanted emotions.

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

Angry

embarrassed   scared   grief
shame   tricked   overwhelmed
frustrated   depressed   disgusted
distrustful   grumpy   stressed
attacked   rejected   helpless
guilt   trapped   nervous   anxious
trauma   annoyed   exhausted
disrespected   unsure   envious
disappointed   lonely   offended
uncomfortable   worried   insecure
regret
hurt

The Gottman Institute

https://www.destressmonday.org/monday-uncover-iceberg-look-beneath-surface-anger/

Self-Love Technique:

an activity to reinforce the unique positive qualities and strengths of each student.

Adolescents are in a notable stage of development. They are enduring puberty, trying to fit in with their peer groups, and beginning to form their self-identities. During this stage, their self-confidence is at risk, so reinforcing that each student has special qualities, strengths, and talents will help them to form a positive self-image.

Show Yourself Some Love:

1. Guide students through each step of the following tip.
2. Students then write or draw an example of when they felt proud for something they accomplished.
   a. Option to share with the group
3. Students write or draw about one characteristic that they like about themselves.
   a. Option to share with the group

**Option: Students can also share other positive qualities they see in their peers.

https://www.destressmonday.org/use-mondays-kind/

Spreading Positivity Techniques:

activites for students to spread kindness & boost the mood of themselves & others.

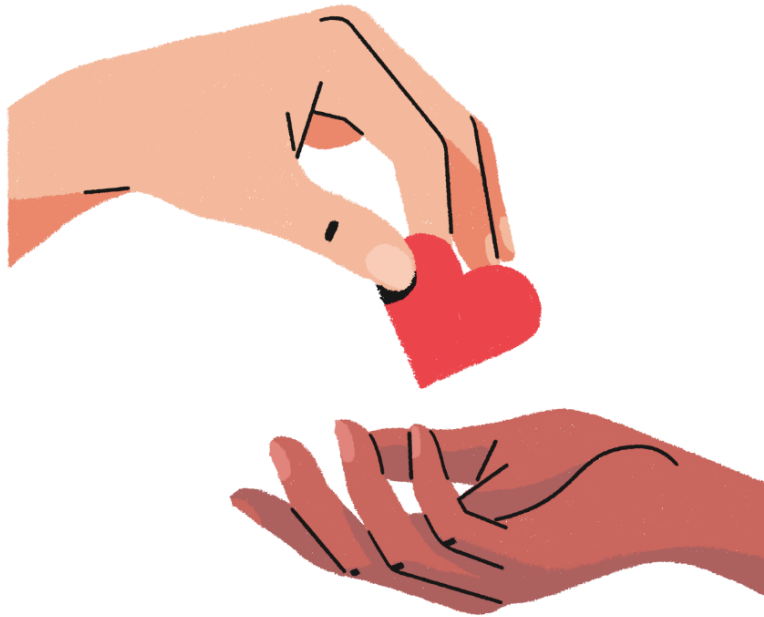--

Spread the Love:

Kindness Bin: When a student sees a peer do something kind, they write the peer's name and act of kindness on a slip of paper. At the end of each week there is a drawing from the kindness bin and the winner(s) gets a prize, picks an activity, etc.

https://www.destressmonday.org/practice-random-acts-kindness-monday-destress/

Share a Laugh:

Laughter is found to instantly relieve stress and tension, and even reduce pain and strengthen the immune system. Add some laughter into your classroom for a friendlier environment.

- Encourage play in the classroom when appropriate
- Share funny stories and encourage creative writing
- Begin the week with a joke or riddle
- Read or watch a kid-friendly skit

https://www.destressmonday.org/share-a-laugh/
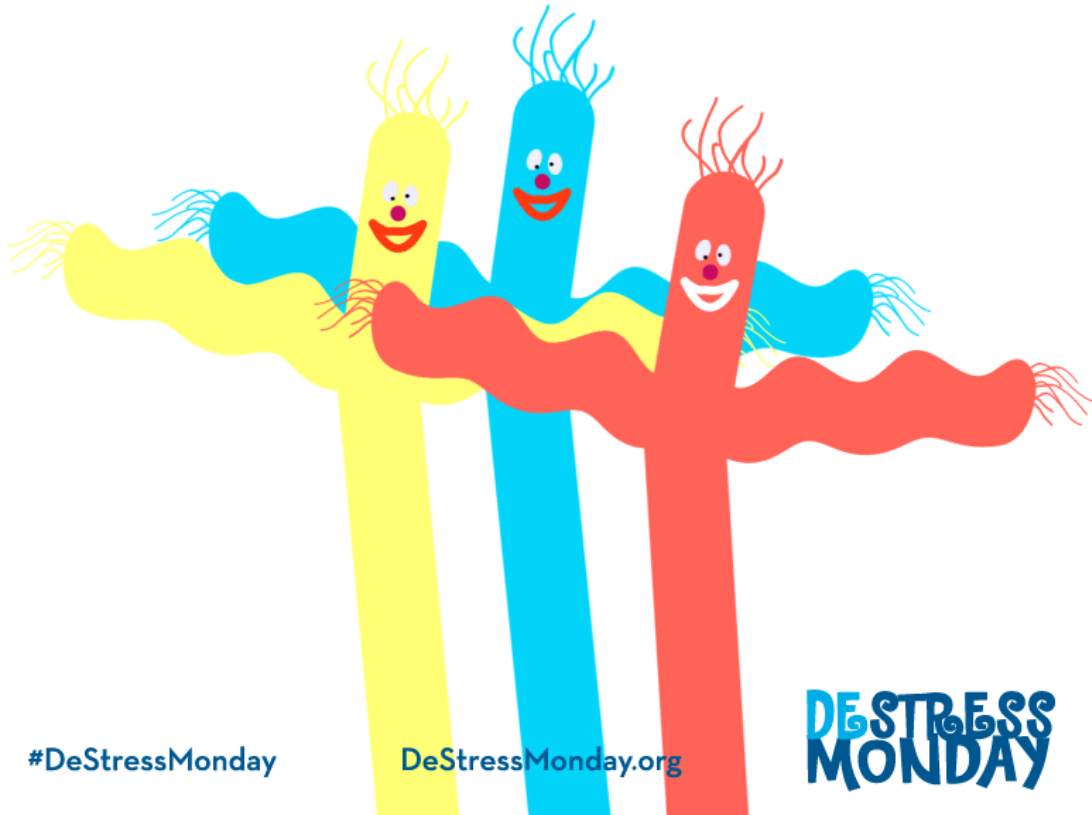
End Notes

1. For more information on the Healthy Monday Campaign and the Monday Effect, visit https://www.mondaycampaigns.org/.
2. CDC. (2019). *About Chronic Diseases*. Retrieved from https://www.cdc.gov/chronicdisease/about/index.htm
3. University of Pennsylvania Positive Psychology Center. (2019). *Positive Psychology*. Retrieved from Positive Psychology Center: https://ppc.sas.upenn.edu/
4. CDC. (2010). *Social Determinants of Health*. Retrieved from Healthy People.gov: https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health

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