

## Mental Health

**Did You Know:** A study shared at our annual Scientific Sessions reveals what many already suspected – [depression is associated with poorer heart health outcomes](#). Unfortunately, COVID-19 has [negatively impacted](#) the mental health of more than half of the US and now we're facing the winter/holiday blues for many as well.

**Our Impact:** The American Heart Association has been a leader in helping better understand and address the intersection of mental and physical health. Our CEO Roundtable has commissioned resources like our [Resilience in the Workplace Toolkit](#) and we've encouraged employers to [maximize the use](#) of their internal tools like their Employee Assistance Programs (EAPs). In cities like Milwaukee, we've been active in efforts to help communities understand and address trauma and other mental health concerns.

**How You Can Help:** Start with your own health and utilize these [10 Tips to Manage Holiday Stress](#) or check out our [Be Well](#) resources. Then look for ways to [keep moving even as winter sets in](#). Looking for a next step? Share our [Wisconsin Workplace Health Symposium](#) with your HR team so they can attend this virtual event and learn about how emotional intelligence can benefit everyone in your district.

### Clear Communication SEL Teaser:

We live in an age where cries of "That's not fair!" are all around us, from children and adults alike. For this reason, it's imperative to teach kids about fairness, particularly focusing on the idea that fairness doesn't always mean everyone gets the same thing. Understanding what fairness looks like in different situations is a life skill everyone — including children — needs in our complex world.



- ✓ Children who understand fairness develop more compassion for others and an appreciation for each person's uniqueness.
- ✓ Learning about fairness helps children become more able to resolve frustrations they may have over issues of fairness.
- ✓ A child who values fairness is more likely to be a team player who does his or her share of the work.

✓ Children who are taught about fairness learn to evaluate situations critically and respond appropriately.

✓ Developing a mindset of fairness helps children become more open-minded.

✓ Children who seek to be fair are less likely to judge others without knowing the whole situation. They are also more likely to treat others with honesty and respect.

✓ A classroom where fairness is taught provides children with a safer, more positive place to learn.

Bottom line: Fairness is a tough issue for children and adults. Taking the time to teach students about the nuances of fairness is critical to helping them become caring, responsible adults.

Please see the attached to continue on with this lesson. Feel free to forward on to your school counselor or classroom teachers as well.

## Be The Opportunity



February is just a few short weeks away and with that many of you are preparing to kick off a Kids/American Heart Challenge event. I know you may be a little uneasy as to how things will look or how things will shake out, but I promise you – your families will thank you! I thank you! Finn thanks you! Students look forward to the fun and families look forward to the opportunity to make a difference! YOU are that opportunity! Thank you for pushing through the tough times! Thank you for providing tradition and normalcy to your students. Thank you for your continued support!

The American Heart Association invites you to share our vision: a world where no one dies from cardiac arrest. Every year, 475,000 people die from cardiac arrest in the United States. Big number. BIGGER OPPORTUNITY. With your help, we can bring that number down to ZERO.

Take a look at the video:

<https://youtu.be/EC7HW7S2EzI>

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