

STRESS HEALTH

Greetings from Stress Health!



Elmo and Friends Team Up With Stress Health

Over the past decades, the quirky, hilarious, big-hearted Muppets of Sesame Street have taken on some of the hardest issues confronting our country, including AIDs, foster care, homelessness and incarceration. The not-

just-a-kid's-show approach comes directly from Sesame Workshop, the nonprofit educational organization that produces the program. The Workshop's stated mission to help kids everywhere "grow smarter, stronger, and kinder" comes through loud and clear in every episode. In the near future, you can expect to see Elmo and friends sharing tips on the Stress Health blog. [Read more about it here.](#)

Virtual Focus Group -- Free iPad Alert!

Join our virtual focus group for the chance to win an iPad Air. We would like to invite you to participate in this important discussion on Wednesday, June 5th, 5pm PST / 8pm ET. Your input will help us gain a better understanding of Stress Health in Children and Teens.

All participants who fully complete the 1-hour focus group will receive an entry into our drawing to win an iPad Air (valued at \$499). Three winners will be randomly selected and contacted by Friday, June 8th.

[Sign up HERE.](#)

"The Rock," Lady Gaga, Oprah and Others Tackle the Stigma of Mental Illness

Talking about abuse and mental illness used to be off limits. In recent years, though, Dwayne "The Rock" Johnson, Lady Gaga, Oprah and other celebrities have talked about their own battles with depression and other mental ills in an effort to let distraught teens and others [know they're not alone](#). Prince Harry has even broken with royal tradition to discuss how therapy helped him through the "chaos" of his twenties. [Read our blog post about it here](#).



FROM THE STRESS HEALTH BLOG

[Sports can help protect the mental health of children with trauma](#). Whether it's pick-up basketball or street soccer, sports have offered kids a way to play and have fun — even when the deck is stacked against them. Now a new study suggests sports may be the best way to [protect the mental health of children who experience trauma](#).



[Is social media and lack of sleep tied to the rise in depression among teens?](#)

A

new study finds that depression and suicidal thoughts among teens have increased sharply since 2007 -- an increase that many researchers [tie to social media](#) and a related decline in sleep. Plus, tips for concerned parents.



Stress Health and CYW had a busy May, traveling to Sacramento on May 1 [to talk with more than 70 representatives](#) and staff about [funding provider training for ACEs screening](#) in California. On May 8 we worked at the [B-Magic Literacy Is Freedom Book Fair](#) for the elementary schools in the Bayview District, which included a book give-away, art and games, dancing and face-painting, and on May 22 we held an [all-day community workshop on ACEs for providers in Bayview-Hunters Point](#). A huge thanks to everyone who provided support!



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The Stress Health Team



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