

# WE AIN'T STRESSED

## Students discuss mental health.

By Kyra Henson

COVID-19 hung over the community like an imposing cloud, determined to put a damper on the mental health of both teens and adults. Even before the pandemic, Colorado was in crisis. According to reports in the Colorado Sun, "Suicide was the number one cause of death among Colorado teenagers before the pandemic. COVID-19 has only made things worse and affected students' mental health in a 'profound' way." According to our own survey, when asked "What are the things you are missing out on because of COVID-19, 1 in 3 students responded they missed seeing family and friends, and so we asked, "What are you doing to find light in the storm and take care of your mental health?"

"I have been staying away from crazy things to make sure that I don't go crazy too," said Liam Kobar (6). "This year more than ever, family

support has been of vital importance. "I have a mother daughter journal where I can write all my feelings out in a journal I share with my mom," said Isabella Marquardt (7).

For those who enjoy physical exercise, sports have become a great way to relieve stress, tension, anger and other pent up emotions initiated by the global pandemic. "Volleyball is one of my main ways to reduce stress," said Jaylie Pasini-Hill (8). Even in this dark period of time, sometimes a friendly face is all that students needed to cheer them up. "I have been communicating with my friends through Zoom and Google Duo, and I see my aunts, uncles, cousins, and grandparents a lot," said Nora Wallace (7). Many students also received a new furry friend to help them deal with the struggles they encountered this year. "We got a quarantine dog and that has helped cheer me up," said Levi Lueck (6). As much as COVID-19 has tried to rain on this parade, students found many different strategies to cope and improve their mental health.



**A-FLAT.** Naomi Jaquez (8) plays the piano in the school auditorium. Naomi has been playing the piano for four years, and is part of a small band for her church. "Playing the piano gives me something to do and look forward to," said Jaquez.

## HIT THE SLOPES

Kyra Henson (8) discusses her various escapes.

This year, it is more obvious than ever that taking trips can help with mental health. Kyra Henson (8) and her family often took weekend trips up to the mountains. "I love going to Winter Park because it is such a scenic destination and a great place to get away from the chaos at home," said Henson. Henson enjoyed skiing, snowboarding, and snowshoeing with her family.



photo donated by kyra henson

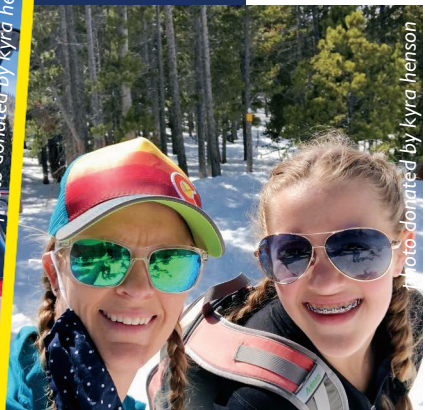


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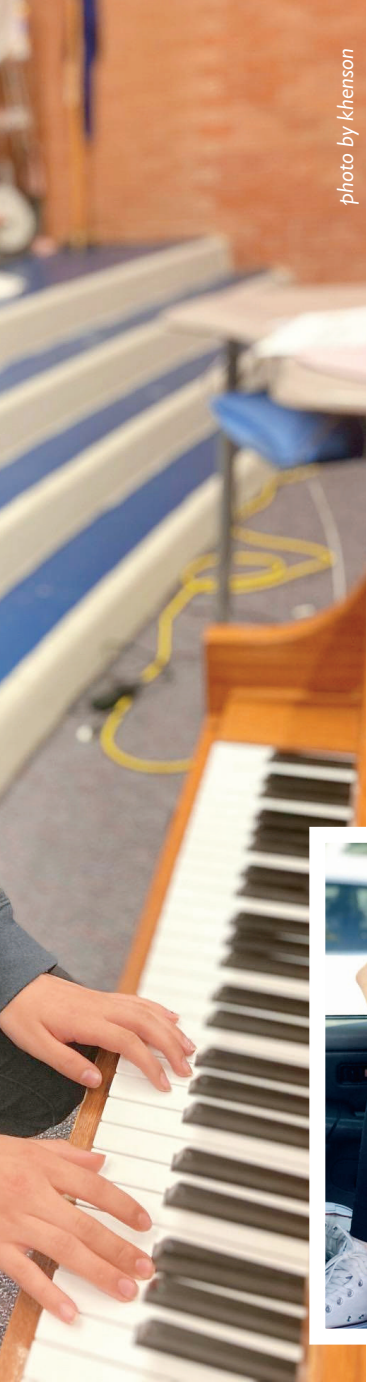


photo by khenson

**WHEELIE!** Sixth grader Parker Reesman shows off several cool tricks on his bike. He has learned these over the course of the pandemic, as a way to cope with the struggle of his mental health. "I have been learning new tricks on my bike and it takes my mind off of things," said Reesman.



photo by parker reesman



photo donated by jocelyn stoehr

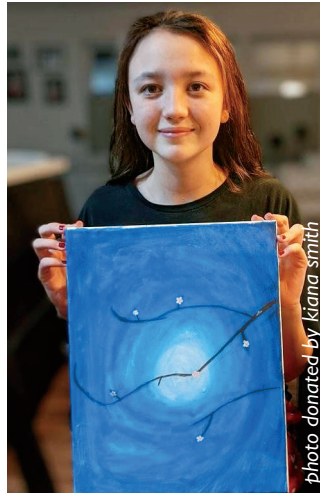


photo donated by kiana smith

## MORNINGS WITH MARISSA

Marrisa Simpson (8) takes us through her morning.

- Wake up (waayy too early)
- Make bed ('cause she's tidy)
- Feed my dog ('cause she's nice)
- Eat breakfast ('cause she's healthy)
- Get dressed (of course!)
- Off to school (still too early)



**JAMMIN' OUT.** Eighth grader Jocelyn Stoehr listens to music during a car ride. Stoehr does this a lot to help with her mental health. "I have been CONSTANTLY listening to music, I have also been going on lots of car drives to look at the places I could've been if Covid wasn't here, walked in nature, slept and hung out with my 'Covid puppy,'" said Stoehr.

**PAINT IT OUT.** Kiana Smith (7) shows off one of her pieces of artwork. Expressing her feelings through art has helped Smith's mental health immensely whilst living in the pandemic. "I've been painting to calm my nerves," said Smith.



photo donated by izzy quimby

**CHILLAXING.** Izzy Quimby (8) listens to music in her bedroom while doing homework. Music is Izzy's main method of mental health. "For me to destress from a hard day I like to listen to music while I do everyday tasks," said Quimby.

## DELIVERED HOT

Students share self-pampering methods.



"I am painting rocks because it helps calm me down."  
-Maddie Mueller (8)



"Taking more walks with my puppy, trying not to be on my phone as much, and talking to family over the phone."  
-Zoe Schroder (7)



"I went on walks and bike rides with my family"  
-Braiden Portie (8)



"I read a lot of books during quarantine. It's my favorite relaxing activity."  
-Kimberly Newhart