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Nova Health: Parents can help kids get back into 'school mode'

As we transition back to the reality of work, school and everyday life following the holiday break, keep in mind this can be a difficult transition for students.

Getting back into the groove of long class days, homework and after school activities can be challenging for many.

A recent survey finds that 70 percent of teens say anxiety and depression is a "major problem" among their peers. This, coupled with the fact that support within schools is stretched rather thin

(the National Education Association reports a national average of one counselor per every 491 students), means parents and guardians could benefit from a few tips to help their children cope

these pressures. It is important for your child to express themselves and feel that someone is listening intently.

2. Pay attention to eating patterns.

If your child isn't eat-

directly correlates with increased time spent in front of a screen. By cutting back time spent on electronic devices, children can enjoy more face-to-face time with parents and family to discuss their day and build strong relationships.

Also, by restricting screen use before bed, children will have a better night's sleep. Blue and white light emitted by electronics can inhibit the natural melatonin that signals proper sleep.

Looking out for your children's needs and talking with them about their stressors can set them up for success at school and for the future.

You can still help your children avoid back-to-school blues by using effective communication and scheduling methods.

If you're worried about your child's mental health, call or schedule an appointment with your primary care provider to assess and determine if a care approach is needed longer term.

While everyone feels stress and additional pressure when jumping back in after the holidays, stay alert to how your child is coping with the transition back to school and what you can do to help.

-Submitted by Lyle Torguson, M.D. at Nova Health

A recent survey finds that 70 percent of teens say anxiety and depression is a "major problem" among their peers.

with stress and anxiety brought on by getting back into school this winter.

To ease the transition back to school, leverage these three tips:

1. Spend healthy and productive time with your children after school.

By taking time to connect with your children about their day and challenges at school, they can feel less alone in facing

ing as much or skipping meals, it may be a sign of increased depression or stress. Ensure your child is eating breakfast, dinner and an afternoon snack. Cook healthy, regular meals that will keep your children energized and motivated throughout the day.

3. Limit contact with electronic devices, especially before bed.

Recent studies show depression in children

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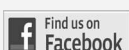
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Worship Directory

**COTTAGE GROVE:
6th & Gibbs Church of Christ**
195 N. 6th St. • 541-942-3822
10:00am
Christian Education:
Pre-K through 5th
www.6thandgibbs.com

Calvary Baptist Church
77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbible.org

Cottage Grove Faith Center
33761 Row River Rd.
541-942-4851
Lead Pastor: Kevin Pruett
www.cg4.tv
Full Children's Ministry available
Services: 9:00am & 10:45am

Delight Valley
Church of Christ
33087 Saginaw Rd. East
541-942-7711 • Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the
Auditorium

First Baptist Church
301 S. 6th st • 541-942-8242
Pastor: David Chhangte
Sunday School 9:30am
Worship Service 10:30am
Youth Wednesday 6:30pm
cgfirstbaptist.com

First Presbyterian Church
3rd and Adams St
541-942-4479
Rev.: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
fpcgrove.com

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd.
541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
www.hopefellowshipupc.com
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Living Faith Assembly
467 S. 10th St. • 541-942-2612
Worship Services Sundays: 9a & 11a
Youth Worship Sundays: 11a (all
ages welcome)
Mondays: 5:30p (6th-12th grades)

**Non-Denominational
Church of Christ**
1041 Pennoyer Ave
541-942-8928
Preacher: Tony Martin
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.pennoyeravecoc.com

Old Time Gospel Fellowship
103 S. 5th St. • 541-942-4999
Pastor: Jim Edwards
Sunday Service: 10:00am
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**Our Lady of Perpetual Help
and St. Philip Benizi
Catholic Churches**
1025. N. 19th St.
541-942-3420
Father John J. Boyle
Holy Mass:
Saturday Vigil - 5:30 PM
Sunday - 10:30 PM
For weekday and Holy Day of
Obligation schedule see website
OLPHCCG.net
Confession: 4 PM to 5 PM
Saturdays or by appointment

St. Philip Benizi, Creswell
552 Holbrook Lane
Sunday 8:30 AM

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
"Church with the flags."
Worship: Sunday 10:30am
All Welcome

Seventh-day Adventist Church
820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40
Mid-week Service: Wednesday, 1:00

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education
9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
tlccg.com

United Methodist Church
334 Washington 541-942-3033
New Pastor Craig Pesti- Strobel
Worship 10:30am
umcgrove.org

"VICTORY" Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: "WE BELIEVE IN
MIRACLES"

CRESWELL:
Creswell Presbyterian Church
75 S 4th S • 541-895-3419
Rev. Seth Wheeler
Adult Sunday School 9:15am
Sunday Worship Service 10:30 am
website www.creswellpres.org

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