



**Big Brothers
Big Sisters**
OF CENTRAL IOWA

PROTECTING AND
IMPROVING THE HEALTH
OF IOWANS



February Prevention Toolkit

Toolkit Highlights

February is Black History Month and American Heart Month - Pg 2

Prevention and Support Resources-Pg 2

February Match activity: How do you manage stress? pg 3

BBBSCI is pleased to announce another month of service to the community through prevention efforts with the Improving Tomorrow: Prevention Focused Mentoring program.

OF CENTRAL IOWA

We hope that this collection of resources helps you to better connect with your Little and aids in the prevention of substance misuse, problem gambling & the development of life-skills.



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



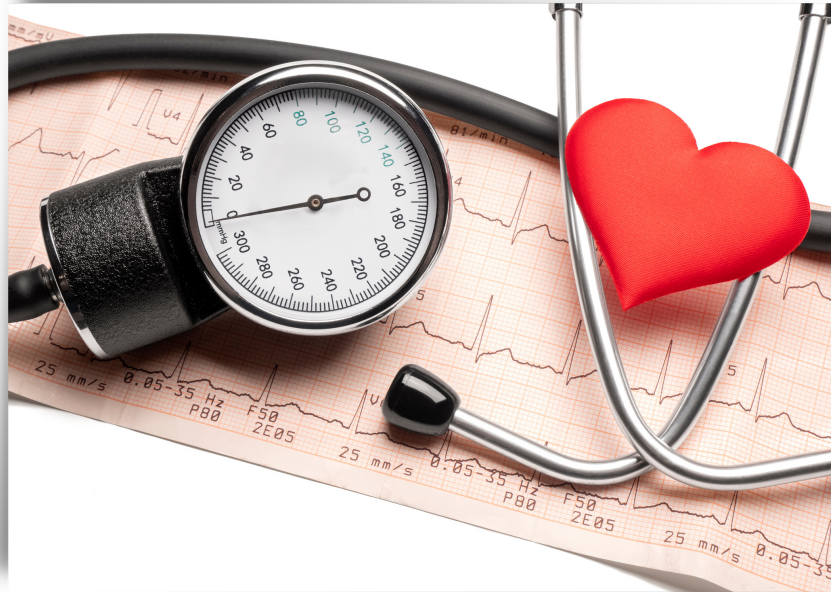
American Heart Month

Featured Educational Video about managing stress
"Stress Management Tips for Kids and Teens!"

<https://youtu.be/3Nf2Pzcketg>

Feature article:

High Blood Pressure in Kids and Teens



PREVENTION AND SUPPORT RESOURCES

Your Life Iowa (YLI): For support with alcohol, drugs, or gambling issues call (855) 581-8111, TXT (855) 895-8398 or visit [Your Life Iowa](https://www.yourlifeliowa.org)

Substance Abuse Prevention

https://www.cdc.gov/heartdisease/american_heart_month_patients.htm

NEW National Suicide & Crisis Lifeline <https://www.samhsa.gov/find-help/988>

Help Guide: <https://www.helpguide.org/articles/addictions/underage-drinking.htm>

How do you manage stress?

February 2023 Prevention Match Activity

One of the best things we can do to keep ourselves healthy physically, mentally, and emotionally is to find ways to manage stress. There are positive and negative ways to handle stress. Its important to find a way to cope with stress in a healthy way before it snowballs into something out of our control.

Quiz Yourself Activity

The QR code below is to quiz with questions about stress. Ask each other the questions and find out how stressed out you may be on daily basis. I then would like you to come up with three healthy ways to deal with that stress.

