



Secret Struggles: Perfectionism, Pressures and Depression in Today's Youth *Presented by Carli Bushoven*

A Guide to Navigating the Pressures of Young People

Thank you for joining us to listen to Carli Bushoven share this most powerful presentation on the pressures encountered by our young people in a society that preaches perfection in the face of competition, global uncertainty, and the stresses that come from constant digital connection. It continues to be the goal of the district to have a school environment where our students feel supported, validated, and comfortable asking for help and strive to reduce the stigma associated with mental health challenges and bring awareness to the “secret struggles” of our young people.

Although the reality of Maddy's story can be daunting, it is a reality that must be discussed while possessing the knowledge of the signs and symptoms of such challenges. The mental health team at Manhasset Schools graciously provides the following *talking points and culminating thoughts* as a follow-up to this most powerful presentation:

- ❖ **Acknowledge** that your child may be experiencing struggles that they are afraid to share and/or may be having trouble asking for help.
- ❖ Consistently encourage your child to recognize that it is **okay to share feelings of distress and that imperfection does not equal failure**.
- ❖ As parents, be sure to **model and prioritize self-care** both emotionally and physically.
- ❖ **Family self-care plans** are crucial!
 - Prioritize time to do **consistent check-ins** with direct and specific questions.
 - *For example: What was a high point of your day? What was a low point of the day? Did you experience any challenges today or are you expecting to?*
- ❖ **Don't ignore changes** in behavior or negative talk.
 - Aspects such as increased negativity, irritability, or lack of self-care should be discussed immediately - do not pass it off as “the characteristics of a typical teenager”.
- ❖ Pay attention to your child's **sleep habits**.
- ❖ Live by the idea that **being proactive is always better than being reactive** to an experience regarding the mental wellness of your child.
- ❖ Recognize their **neither you nor your child are alone**.

Finally...

DON'T BE AFRAID TO ASK FOR HELP!

Manhasset Counseling and Mental Health Support Team (MHST)

If you or your child are experiencing social, emotional, or mental health challenges, understand that you can go to ANY adult in our district. However, below you will find the names of our Counseling and Mental Health Support Team (MHST):

District

Ms. Allison Rushforth

Assistant Superintendent for Student Services

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Secondary School – HS Counseling Office

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High School Psychologist

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MS Wellness Center

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MS Wellness Center

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MS Wellness Center

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MS Wellness Center