



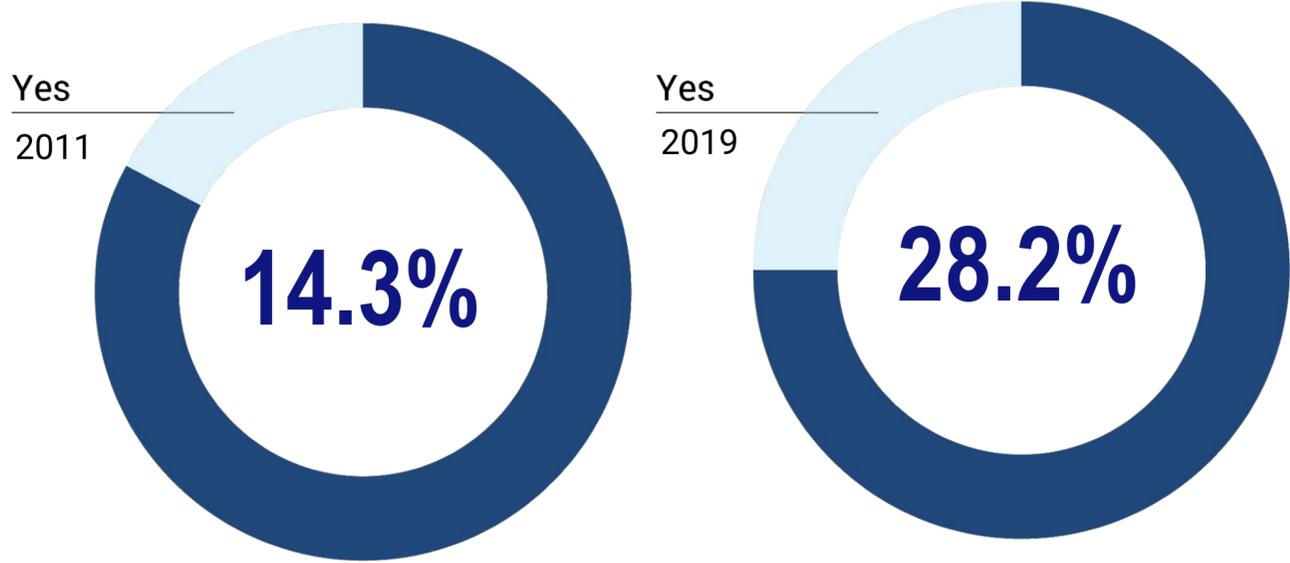
EveryDay Strong



United Way of Utah County



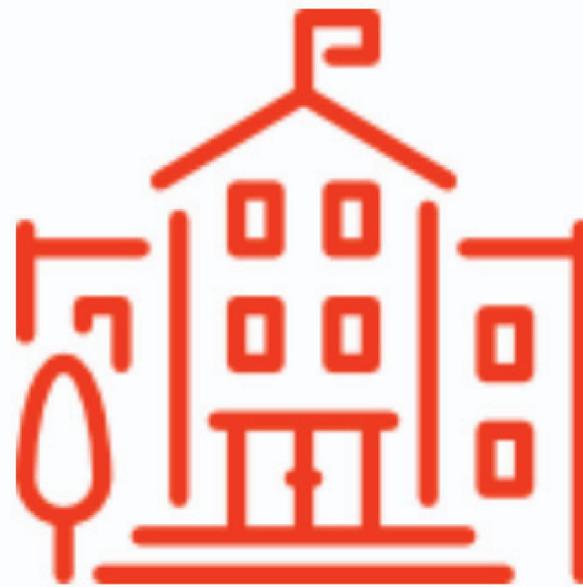
Utah Youth Are Struggling



Youth: during the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

Utah SHARP Survey of 6th, 8th, 10th, and 12th graders

What could be causing this?



The marathon runner: why does someone fail?

Environmental:

Focus on the conditions, clothing, weather, timing

Educational:

Focus on education or the person's knowledge about physiology, the course

Social:

Focus on peer motivation, training together, bigger cheering section

Biological:

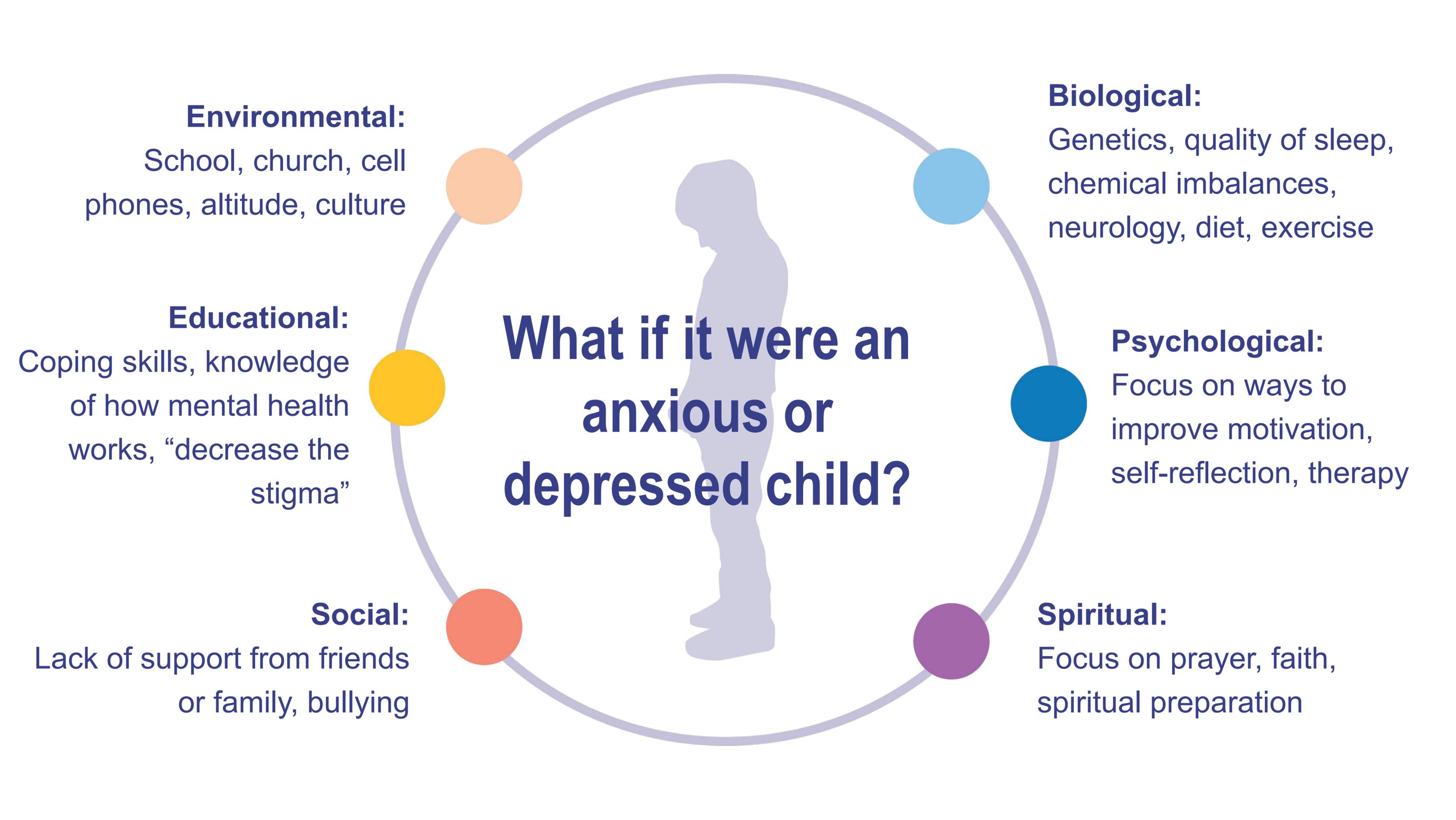
Focus on better sleep, nutrition, stretching, weight, genetics

Psychological:

Focus on ways to improve motivation or self-reflection

Spiritual:

Focus on prayer, faith, spiritual preparation



**What if it were an
anxious or
depressed child?**

Environmental:
School, church, cell
phones, altitude, culture

Biological:
Genetics, quality of sleep,
chemical imbalances,
neurology, diet, exercise

Educational:
Coping skills, knowledge
of how mental health
works, “decrease the
stigma”

Psychological:
Focus on ways to
improve motivation,
self-reflection, therapy

Social:
Lack of support from friends
or family, bullying

Spiritual:
Focus on prayer, faith,
spiritual preparation

How can you help someone if you don't know what's causing the problem?

Focus on what they need.





Thrive

Confidence



Connection



Safety



Physical needs



Lens shift

- **Focus on what YOU can do, NOT on what THEY need to change**
- **Trust that when you do, they will thrive!**





Dr. Matt Swenson

***EveryDay Strong co-founder
Child Psychiatrist, formerly at
Intermountain Healthcare***

“Resiliency is not a skill.

When you look closely at those layers on Maslow's hierarchy, you can line those up almost literally with the resiliency research, that's coming out about the need for connections, about making them feel like there's this internal locus of control that they have power over their life about the need to help them feel safe.”

EveryDay Strong Allies



- schools, businesses, and cities who want the kids in their community to be emotionally strong
- Allies receive free tools (like posters and videos) to teach the caring adults in their community how they can be the #1 factor in building youth resilience
- easy to implement and very customizable for your organization

Alpine, Provo, Nebo School Districts







Jordan School District



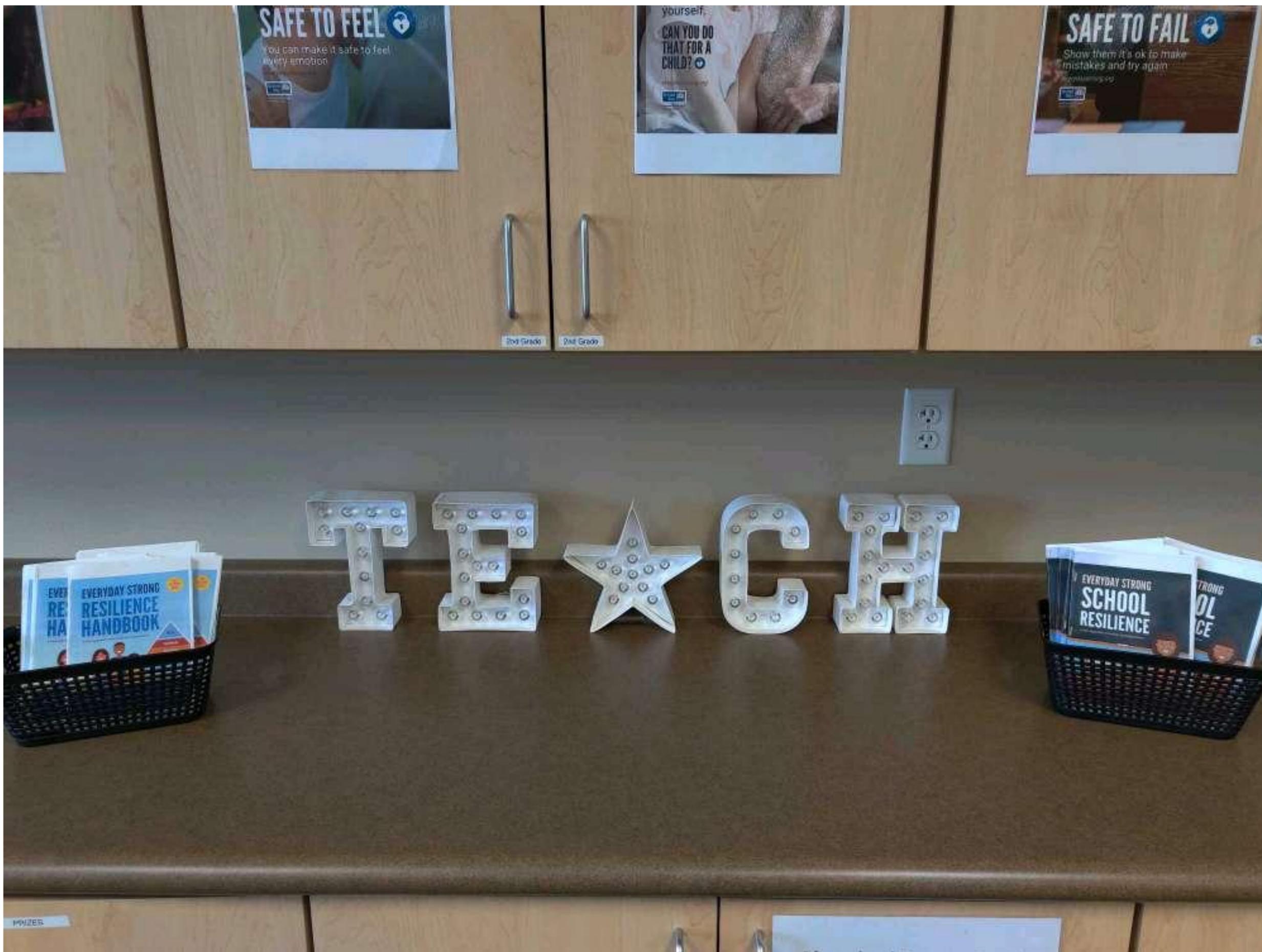
Summit Academy (Riverton)

★ What can I do today to help someone feel **SAFE**?

★ What can I do today to help someone feel **CONNECTED**?

★ What can I do today to help someone feel **CONFIDENT**?





Clearfield Elementary

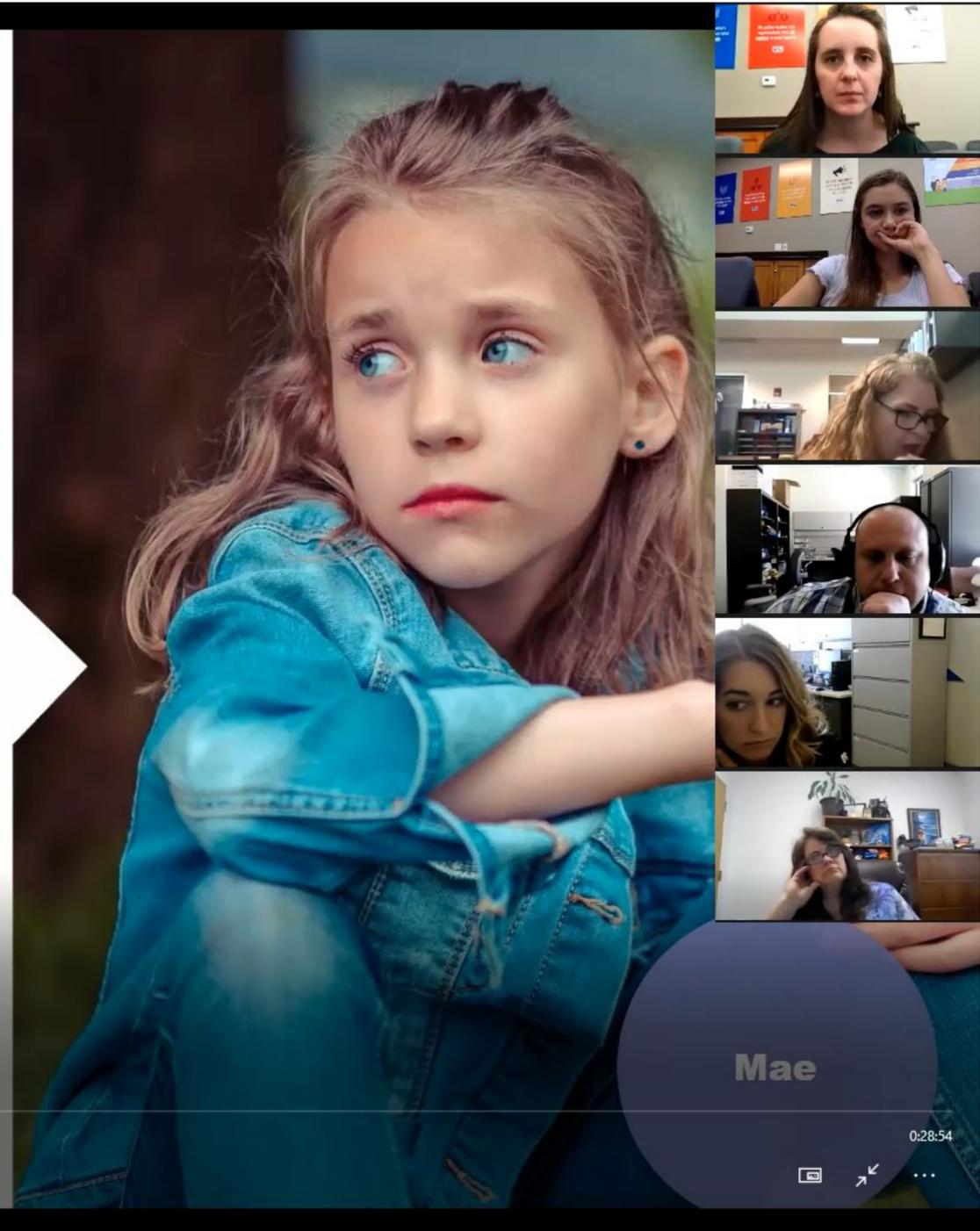
What needs need to be met?

Mae is a 4th grader who has shown low frustration tolerance and even some aggression repeatedly over the past several weeks. She threw a volleyball at a peer's face and a pen across the classroom at her teacher.

First: shift your lens.

Michaelann Gardner 06-08-2020 think that Mae is feeling safe? connected? confident?

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KIDS' T-SHIRT





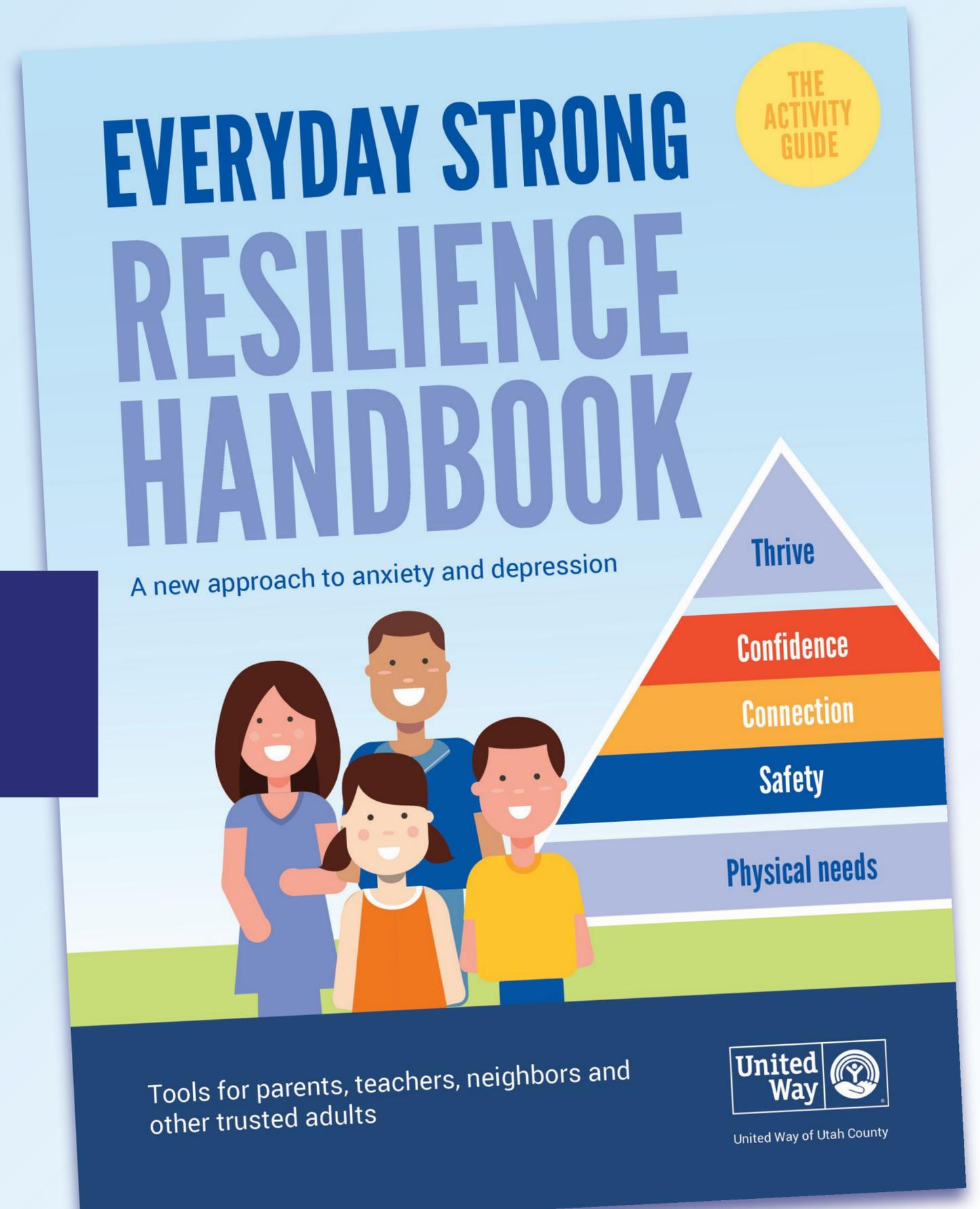
“I would love it if parents would ask themselves **every day**, ‘What can I do to help the children in my life feel safe, connected, and confident? When we meet their needs, we’re building resilient kids.’”

*- Dr. Matt Swenson, Child Psychiatrist,
Intermountain Healthcare;
Chair, EveryDay Strong Professional Advisory
Council*

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digital goody bag**



uwayuc.org/Waitlist



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