



Academic and Parental Stress prevention

Hosa Mental Health Promotion 2025

Derrick Lee, Hanna Haghajji, Ava Haghajji, Afruza Mamanajova
Adlai E Stevenson High School

Risk Factors: Loneliness, Isolation, Self-Criticism

Overview

We are a social media campaign based at Stevenson High School in Lincolnshire, IL. We aim to inform our peers and community about our risk factors of stress stemming from academics and parental/marital conflicts, and how they impact each other!

Goals

1. Educate peers and other classmates about the negative effects of stress from academics and parental/marital conflicts and plans.
2. Educate peers and other classmates on how to prevent the effects of the risk factors stemming from academics and parental/marital conflicts.
3. Educate peers and other classmates on how to healthily and positively deal with stress stemming from academics and parental/marital conflicts.

Social Media Links

Facebook:

[Hosa Mental Health Preparation Facebook](#)

Instagram(**Main Campaign Here**):

[StevensonHosa MentalHealth](#)

[\(@l Stevensonhosamentalhealth\) | Instagram profile](#)

Reference page

Ross, Franzi. "Stress vs. Anxiety – Knowing the Difference Is Critical to Your Health." Mental Health First Aid, 8 June 2018, <https://www.mentalhealthfirstaid.org/external/2018/06/stress-vs-anxiety/>. Accessed 15 November 2023

"6 Tips to Reduce Stress While Studying." Lonsdale Institute, <https://www.lonsdaleinstitute.edu.au/reduce-stress-while-studying/>. Accessed 14 November 2023.

"What to Say to Someone Who Is Stressed [Experts Say..]" UpJourney, 30 May 2021, <https://upjourney.com/what-to-say-to-someone-who-is-stressed>. Accessed November 21 2023

Chen, Hui, et al. "Influence of Academic Stress and School Bullying on Self-harm Behaviors among Chinese Middle School Students: The Mediation Effect of Depression and Anxiety." *Frontiers in Public Health*, vol. 10, 6 Jan. 2023, <https://doi.org/10.3389/fpubh.2022.1049051>.

Simegn, Wudneh, et al. "Loneliness and Its Associated Factors among University Students during Late Stage of COVID-19 Pandemic: An Online Cross-sectional Study." *PLOS ONE*, vol. 18, no. 7, 6 July 2023, p. e0287365, <https://doi.org/10.1371/journal.pone.0287365>.

Tentative Timeline:

October-November:

- Reach out to stakeholders and establish collaboration (10/02-10/20)
- Design an accessible mental health toolkit (finish by 10/30)
- Create a website and social media profile to track our progress and achievements throughout the intervention (finish by 11/10)

December-January:

- We will begin our discussion groups: 5 weeks, once a week with guest speakers (12/02-01/05)

- We will conduct surveys through Google Forms assessing wellness and stigma (01/10)

February-March:

- Begin preparing for online webinars by conducting availability surveys and reaching out to guest speakers (finish prep by 02/15)
- Evaluate progress in discussion groups to make changes to current approaches (evaluate starting 03/10)

April-May:

- We will begin hosting our weekly webinars (04/03)
- Conduct a survey every webinar assessing understanding of mental health stigma (weekly)
- Conclusive evaluation and adjustment of curriculum based on response (begin implementing survey feedback starting 05/15)

June-August:

- Evaluate performance (06/01)
- Reach out to professionals for feedback and future recommendations (06/03-06/05)
- Seek opinions from stakeholders on the new curriculum (06/10)
- Evaluate progress from both interventions (work on throughout June-August)
- Adjust curriculum and format (work on throughout June-August)

Infographic

Stevenson HOSA Mental Health

1



Physical Symptoms Headaches, fatigue, insomnia

Emotional Irritability, changes in appetite, social withdrawal

Cognitive Difficulty concentrating, racing thoughts, anxiety

2



You are taking care of yourself physically, mentally, and emotionally. It involves doing things that make you feel good and happy. This can include getting enough sleep, eating healthy food, exercising, spending time with loved ones, and doing things you enjoy.

3



Effective time management is a way of organizing and prioritizing your tasks and activities to make the most of your time. It can help reduce stress by allowing you to feel more in control, accomplished, and less overwhelmed.

4



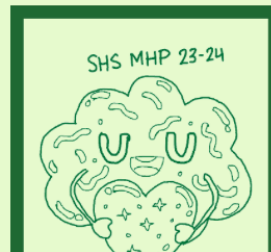
A healthy work-life balance involves focusing your attention on what you are experiencing in the here and now, whilst finding comfort in your thoughts, feelings, and physical sensations. Be fully present in the moment and figure out how to effectively meet deadlines and still have time for leisure.

5



Building supportive relationships means creating and nurturing connections with others in a positive and caring way. It involves being there for each other, offering encouragement, and providing emotional support.

HOSA Mental Health Promotion
 @stevensonhosamentalhealth





Mental Health Consultant

Our Mental Health consultant is a mental health counselor at Chicago Mind Solutions. We have met with him outside school hours, and have used her guidance and resources, along with her insightful feedback to help inform our peers.

Mental Health Promotion: Mental Health Consultation Form

Competitor's Names: Ava Haghnejati, Hanna Haghnejati, Afruza Mammadjanova, Derrick Lee

School: Adolf E. Steinhilber High School HOSA Advisor Name: Jill Lipman

Mental Health Consultant: Clarice Burica Title: Psychologist

Date(s) of Consultation:	Total Time Spent Meeting with Consultant:	Topic(s) Discussed	Consultant Signature:
11/2/24	45 min	introduction/ school resources	<i>[Signature]</i>
1/7/25	35 min	Action Plan	<i>[Signature]</i>
1/20/25	20 min	presentation and outreach	<i>[Signature]</i>
2/5/25	30 min	State prep and planning	<i>[Signature]</i>

Thank you for taking this time to consult with HOSA-Future Health Professionals Competitors! Please help them improve by providing the following feedback. HOSA members are responsible for this form as part of their event requirements, so please return it to them at the end of their learning experience.

Objectives to Evaluate	Exceeds Expectation	Met Expectation	Needs Improvement
Competitors effectively explained HOSA to Mental Health Consultant		✓	
The team exhibited sufficient background knowledge of their school/community needs to support engaging conversations	✓		
The team exhibited sufficient background knowledge of mental health to support engaging conversations		✓	
Competitors contributed effective ideas and were receptive to suggestions regarding how, when and where to seek additional help	✓		
Competitor conducted themselves professionally at all times	✓		
Additional Information (optional advice for these future health professionals)	Have fun and good luck at state!		