

# Legislation Proposal

Implementing Stress Reduction in Schools

MAP

Mitty Advocacy Project



## Abstract

### Policy Proposal

- Create Webinars
- Teach Educators
- Integrate into P.E. classes

### Sample Stress Reduction Techniques

#### Contractile Lymphatics

Flex all parts of your body to squeeze out harmful chemicals found in lymph fluid

#### Yoga Nidra

Focus on different parts of your body in a meditative state to rid your brain of toxins

- 85% of college students feel constantly “overwhelmed” by their workload
- Reflected in how 20% of adults suffer from a mental illness today
- This is a serious problem that must be considered going into the future
- Current federal legislation focuses on treating post-stress symptoms
- We should start attacking the problem from its physiological roots

## The Problem

Negative stress is generally defined as a state-of-being that occurs when a person feels unable to cope with a situation. According to a study published by the [Anxiety and Depression Association of America](#), 85% of college students reported feeling overwhelmed by their workload. Although occasionally facing tough situations is considered healthy, chronic stress has been shown to progress into serious mental illnesses such as anxiety and depression. This is reflected in statistics provided by the [National Institute of Mental Health](#) which show that 15% of adults suffer from a mental ailment that developed during their early-adult years. Suffice to say, these issues affect millions across our country.

## Current Legislation

To combat these issues, legislators have initiated a wide variety of house and senate bills. One prime example includes [H.R 2646](#) which:

### Supports

- Community crisis response teams
- Mental health workforce
- Early intervention
- Both physical and mental care
- Evidence based practices
- Clarifying health laws

### Amends

- PAIMIs Grievance Procedure
- Extends AOTs grant program
- Replaces HIPAAs language
- Elevates position of SAMHSA



### Youth Perspective

Despite various measures being taken on the federal level, stress levels have not experienced any drastic improvement. Upon examining the aforementioned legislation, it becomes clear that we've been attacking post-stress symptoms. As youth, we believe that contention over school times or homework load helps to make our lives easier. However, we also recognize that the real world is not so forgiving. As a recent study by the [APA](#) explains, just under 45% of adults feel their stress has only increased in the past five years. We believe that the solution to our problems does not solely lie in making school less stress inducing. Rather, we should direct our efforts towards teaching students how to handle stress.

### Catholic Perspective

*"Whoever suffers mental illness always bears God's image and likeness, and has an inalienable right to be considered a person."*  
— St. Pope John Paul II

As students attending a Catholic High School, we believe that Jesus calls for us to imitate his actions on Earth and help the marginalized regardless of their gender, ethnicity, or mental disposition. Particularly in the wake of deinstitutionalization, advocating for increased accessibility to mental health services is crucial in ensuring people can lead lives of dignity and freedom. We must also work towards making sure such ailments aren't so widespread. These pervasive issues must be addressed systematically.

## Proposal

### OUR POSITION

MAP supports the implementation of stress reduction techniques **such as Yoga Nidra and Contractile Lymphatics** for schools across the nation. Although these techniques involve significant lifestyle changes, they have been proven effective in various studies. By teaching students how to manage stress from a young age, we may be able to improve their health going into the future. Additionally, by talking about mental health in the classroom, we may also help to fight against the stigma of such illnesses. Too many suffer in silence. It's time we take action.

### THE LOGISTICS

We suggest the following three step plan to ensure our proposal's success:

- (1) Collaborate with non-profit organizations to create Webinars that will be incorporated into teacher training courses. This will allow the easy transmission of federally approved content.
- (2) After finalizing the curriculum, teachers will have three years to learn the material. This may be done during inservice and training days.
- (3) P.E. classes will integrate stress reduction techniques at the teacher's own discretion.