



# City of Saint Paul

City Hall and Court House  
15 West Kellogg Boulevard  
Phone: 651-266-8560

## Legislation Text

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**File #:** RES 18-1348, **Version:** 1

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Recognizing Change to Chill Week.

WHEREAS, according to the American Psychological Association, teens are reporting levels of stress and associated symptoms comparable to what adults are experiencing, and

WHEREAS, stress is linked to symptoms of depression and anxiety, which can lead to a host of other psychological and physical issues, and

WHEREAS, according to Minnesota Student Survey data, teens across the state are reporting increasing levels of anxiety and depression, and

WHEREAS, Change to Chill, by Allina Health, provides activities, lessons and resources for teens, parents and educators aimed at building resiliency and mental well-being through mindfulness, meditation, guided imagery and gratitude practice, and

WHEREAS, through the Change to Chill 2018-19 School Partnership, Harding High School staff and students are committed to dedicating time, energy and resources toward bringing teen-specific, mental well-being resources to the Harding High School student body, families and community, and now therefore be it

RESOLVED, that the Saint Paul City Council declares September 10-14, 2018, as Change to Chill Week in the City of Saint Paul and call upon our citizens to join the staff, students and families of Harding High School in learning and caring for mental well-being, as individuals and as a community.