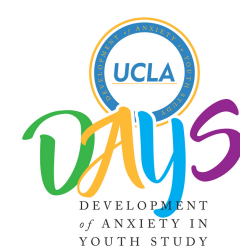




# HAPPY SPRING FROM THE DAYS TEAM!

- As the weather warms and COVID restrictions begin to lift, we hope you and your family have been able to enjoy some safe, small returns to normalcy.
- However, we understand that the effects of the pandemic will last long after the ease of restrictions, and we are here to help!
- In this newsletter, we've provided some updates on ongoing mental health research as it pertains to the pandemic.
- We've also provided Spring happenings for those who are seeking recreational outlets that comply with the current state of restrictions.
- As always, please reach out to us if you need additional support.

SINCERELY,  
THE DAYS TEAM



# The Latest Research Findings



Researchers across the world have been studying the impact of COVID-19 on adolescent anxiety and depression. In a group of 1,339 adolescents living in the United States, the Netherlands, and Peru, researchers found that symptoms of depression increased from before to during the pandemic. On the other hand, anxiety symptoms did not show an increase from before to during the pandemic--in fact, among younger adolescents, anxiety decreased during the pandemic! Depression and anxiety increased the most in adolescents living in areas with lower COVID disease burden, but with higher government restrictions.

Read the full paper here: <https://psyarxiv.com/hn7us/>

## Spring Happenings

- [Drive-In Movie at the Park \(Kenneth Hahn Disc Golf Course\)](#)
- [Butterfly Pavilion at the Natural History Museum \(NHMLAC\)](#)
- [The Flower Fields in Carlsbad](#)
- [The California Science Center](#)

