THE T.A.L.K.

BCPS♡MHLT

MAY IS ALL ABOUT MENTAL HEALTH:
BE KIND TO YOUR MIND

For 2022's Mental Health Awareness Month, National Alliance on Mental Illness (NAMI) will amplify the message of "Together for Mental Health." Nationwide, counselors, school social workers (SSW), family therapists, and school psychologists will use the month of May to bring voices together to advocate for mental health and access to care.

At Broward County Public Schools, the theme of "Be Kind to Your Mind" will be supported with a month's worth of daily exercises that can be practiced by students, teachers, staff and parents; special outreach; and hashtags for social media sharing. (see page 2 for the calendar)

Together, we can realize our shared vision where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

Help us spread the word through awareness, support and advocacy activities with resources in the Mental Health America toolkit. Download the toolkit here: https://mhanational.org/mental-health-month. Share your awareness of the Broward Schools' focus on mental health by using #MakeTimeForYourMind throughout the month of May.

BROWARD
County Public Schools
Established 1915

5 TIPS FOR REDUCING STRESS

Developing a personalized approach to reducing stress can help you manage your mental health condition and improve your quality of life. Here are 5 common ones; see below for the Mental Health Awareness Calendar for ways to #BeKindToYourMind:

Accept your needs. Recognize what your triggers are. What situations trigger you physically and mentally? Once you know this, you can avoid them when it's reasonable or utilize appropriate coping strategies.

Manage your time. Prioritizing your activities can help you use your time well. Making a day-to-day schedule helps ensure you don't feel overwhelmed by everyday tasks and deadlines.

Practice relaxation. Deep breathing, meditation and progressive muscle relaxation are good ways to calm yourself. Taking a break to refocus can have benefits beyond the immediate moment.

Exercise daily. Schedule time to walk, bike or join a dance class. Whatever you do, make sure it's fun. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall physical health.

Set aside time for yourself. Schedule something that makes you feel good. It might be a book, going to the movies, getting a massage or taking your dog for a walk.

Source:
https://nami.org/Your-Journey/Individuals-with-Mental-Illness/Taking-Care-of-Your-Body/Managing-Stress

May 2022

#BEKINDTOYOURMIND

MAY IS MENTAL HEALTH AWARENESS MONTH

WE INVITE YOU TO REVIEW THIS CALENDAR FILLED WITH OPPORTUNITIES FOR YOU TO #MAKETIMEFORUOUTMIND! IT INCLUDES ACTIVITIES SUCH AS MINDFULNESS PRACTICES TO TRY, WAYS TO PRIORITIZE YOURSELF, VARIETIES OF COPING STRATEGIES AND SCHOOL BASED AND COMMUNITY RESOURCES. BE ON THE LOOK OUT FOR THE WALK-IN MY SHOES 5K WALK/RUN ON MAY 21ST IN HONOR OF CHILDREN'S MENTAL HEALTH AWARENESS. PLEASE KNOW WHILE WE HAVE PROVIDED YOU WITH THIS CALENDAR, FEEL FREE TO INCORPORATE YOUR OWN CREATIVE IDEAS!

FOR MORE UPDATES THROUGHOUT THE MONTH

EACH WEEK OF MAY HAS A MENTAL HEALTH THEME:

WEEK 1: MINDFULNESS

WEEK 2: PRIORITIZING YOURSELF

WEEK 3: COPING STRATEGIES

WEEK 4: TAP INTO MENTAL HEALTH RESOURCES

S	M	T	W	T	F	S
1 GIVE YOURSELF A LITTLE LOVE. MAKE A LIST OF 5 THINGS YOU LIKE ABOUT YOURSELF	**2** SHARE THE LOVE FOR OTHERS. GIVE 4 PEOPLE A COMPLIMENT	**3** TAKE TIME TO BE PRESENT IN NATURE. SPEND 10 MINUTES SITTING QUIETLY OUTSIDE LISTENING AND BEING PRESENT.	**4** WHEN YOU FIND YOURSELF GETTING ANGRY, PAY ATTENTION TO WHERE YOU FEEL IT IN YOUR BODY AND PRACTICE RELEASING IT WITH BREATHING.	**5** BEFORE YOU GO TO BED, PRACTICE BREATHING. BREATHE IN FOR 4 SECONDS AND RELEASE FOR 4 SECONDS	**6** WEEKLY JOURNAL PROMPT: HOW WILL YOU CONTINUE TO PRACTICE MINDFULNESS NEXT WEEK?	**7** LIME OUT!!! WEAR GREEN TO BRING AWARENESS TO MENTAL HEALTH POST PICTURE USING #LIMEOUTBCPS
8 TRY EATING YOUR FAVORITE SWEET WITH YOUR EYES CLOSED! IT INCREASES YOUR ATTENTION TO YOUR SENSES.	**9** BE AWARE OF HOW OTHER PEOPLE'S ENERGY IS AFFECTING YOU! SET BOUNDARIES WITH NEGATIVE ENERGY.	**10** GO OUTSIDE FOR A WALK NOTICE THE SMELLS, SOUNDS AND SIGHTS	**11** ACCENTUATE THE POSITIVE! THINK ABOUT WHAT MAKES YOU FEEL OPTIMISTIC?	**12** USE POSITIVE AFFIRMATIONS TO HELP YOU FEEL BETTER AND MOVE YOU ONWARD!	**13** WEEKLY JOURNAL PROMPT: WHAT AM I GRATEFUL FOR??	**14** REFRESH AND UNPLUG! LIMIT SCREEN TIME
15 HAVE AN ATTITUDE OF GRATITUDE TO HELP YOU FEEL MORE OPTIMISTIC ABOUT THE FUTURE.	**16** TAKE 30 MINUTES FOR CREATIVE EXPRESSION (ART, DANCE, WRITING)	**17** STAY CONNECTED! REACH OUTTO SOMEONE YOU HAVEN'T SPOKEN TO IN A WHILE	**18** JAM OUT TO YOUR FAVORITE SONG!	**19** DID YOU KNOW: JOURNALING HOW YOU FEEL CAN HELP DECREASE STRESS?	**20** WEEKLY JOURNAL PROMPT: WHAT ARE SOME AREAS OF MY LIFE I'D LIKE TO IMPROVE?	**21** REFRAME YOUR MISTAKES. LOOK TO THEM AS MOMENTS TO LEARN FROM
22 MAKE A LIST OF PEOPLE YOU CAN TALK TO WHEN YOU HAVE A BAD DAY	**23** DID YOU KNOW: THERE IS A TALK APP? GO TO YOUR CLEVER PAGE AND FIND IT!	**24** THINK ABOUT WHOYOU LIKE TO TALK TO. LET THEM KNOW YOU APPRECIATE THEM!	**25** FIND OUT WHO YOUR SCHOOL SUPPORT STAFF ARE!	**26** SAVE THE NUMBER 741741 IN YOUR PHONE, YOU CAN TEXT THIS NUMBER IF YOU ARE SAD AND NEED SOMEONE TO TALK TO.	**27** WEEKLY JOURNAL PROMPT: WRITE A LETTER TO A FAMILY MEMBER THANKING THEM FOR THEIR SUPPORT	**28** DOWNLOAD IT! THE CALM APP IS A MEDITATION APP THAT CAN BE USED TO HELP COPE WITH BIG EMOTIONS
29 REMINDER FOR THE DAY: IT'S OK TO ASK FOR HELP	**30** DO SOMETHING YOU ENJOY TODAY!	**31** WEEKLY JOURNAL PROMPT: WHAT HAVE I DONE GREAT THIS MONT?				