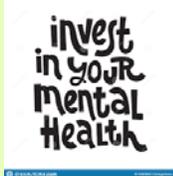


Mental Health Awareness Month

May 2020



Get ready to get your lime green on because May is Mental Health Awareness Month!! Most notably, the week of May 3rd is Children's Mental Health Awareness Week! During this month, BCPS is focusing on staying "Together While Apart." While we navigate new norms, BCPS will be providing skills and resources to utilize during the month. We are in this together. We are BCPS Strong! Throughout the month of May use the hashtags: #BrowardSticksTogether, #BCPSStrong #NavigatingNewNorms

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 DID YOU KNOW? 1 in 5 young people experience a mental health challenge	2 Talk kind to yourself. You're amazing, remember that
3 Commit to going to sleep early to get a good night's rest	4 DID YOU KNOW? 5 minutes of daylight stimulates production of serotonin and dopamine, brain chemicals that improve mood!	5 	6 Try a new physical exercise you have never done before	7 LIME OUT!!! Wear green to end the stigma of mental illness and bring awareness to mental health Post picture using #LimeoutBCPS	8 REFLECTION: How are you using this time at home to create a positive change in your life (ex: starting a project, getting in shape, learning a new skill)	9 Create a new morning routine
10 Self Care Sunday! Do something today YOU enjoy	11 Make a list of people that you can talk to if you have a bad day	12 Go outside for a walk. Notice the smells, sounds and sights	13 Take 30 minutes for creative expression (art, dance, writing)	14 Commit to eating healthy today	15 DID YOU KNOW? Not getting enough sleep affects your mind's ability to function and affects your mood?	16 Schedule some "me time" today
17 UNPLUG and unwind	18 It's a fresh week! Take a few deep breathes before you log in to school	19 STAY CONNECTED Reach out to a friend or family member and check in	20 Talk to someone about how you are staying connected despite social distancing	21 Reframe your mistakes. Look to them as moments to learn from	22 	23 Talk about what you are grateful for
24 Make goals you want to accomplish for the week	25 Name things that help you feel safe and secure	26 Reminder for the day: it's ok to ask for help	27 DID YOU KNOW? 50% of children do not get mental health treatment they may need	28 Write about how you feel in a journal/notebook	29 Stay positive about the future and reflect on all the good things that happened to you this month!	30 BREATHE! Reflect on the past month. What did you do great? What could you improve on?
31 YOU DID IT!! YOU ROCK! #BCPSmentalhealth						