

# 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.



# 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.

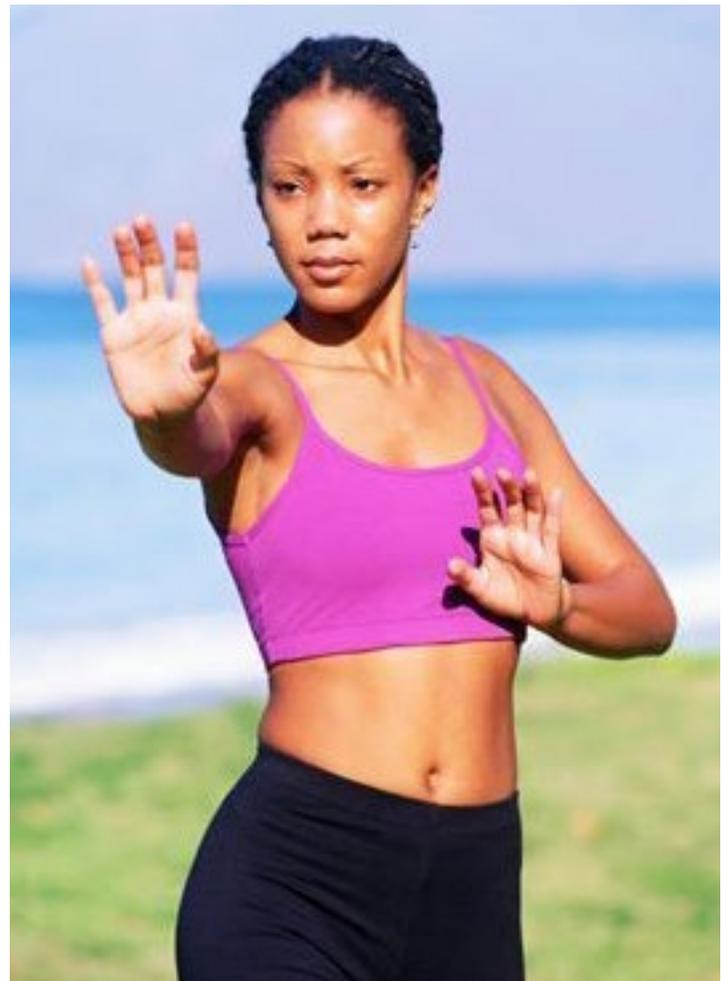
**Manage your time.** Prioritizing your activities can help you use your time well. Making a day-to-day schedule helps ensure you don't feel overwhelmed by everyday tasks and deadlines.

**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>



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| <p><b>#BEKINDTOYOURMIND</b></p> <p>MAY IS MENTAL HEALTH AWARENESS MONTH</p> <p>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!</p> <p>FOR MORE UPDATES THROUGHOUT THE MONTH</p> <p>EACH WEEK OF MAY HAS A MENTAL HEALTH THEME:</p> <p>WEEK 1: MINDFULNESS</p> <p>WEEK 2: PRIORITIZING YOURSELF</p> <p>WEEK 3: COPING STRATEGIES</p> <p>WEEK 4: TAP INTO MENTAL HEALTH RESOURCES</p> | 1  | 2  | 3  | 4  | 5  | 6  | 7  |   |
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