

MAY IS MENTAL HEALTH AWARENESS MONTH

BCPS ALERT Week of May 18 – 24

Each week in May, BCPS will share tips and resources to use during the month

- May 18:** **Relaxation Techniques: Breath Control Helps Stress Response**
<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>
- May 19:** **Connectedness and Mental Health**
<https://www.mhanational.org/connect-others>
- May 20:** **Rethinking "Connection" - What does connection mean to you?**
[The Science of Cultivating Connection | The Chopra Center](#)
- May 21:** **Reframing Thoughts and How It Affects Your Mental Health**
<https://www.verywellmind.com/reframing-defined-2610419>
- May 22:** **Investing in Your Mental Health - Why It Is Just as Important as Physical Health**
<https://www.psychologytoday.com/us/blog/talking-about-health/201903/mental-health-should-matter-much-physical-health>
- May 23:** **Gratefulness Is a Wellness Practice**
[7 Scientifically Proven Benefits of Gratitude](#)
- May 24:** **How Making Goals Can Help Your Mental Health**
<https://www.psychologytoday.com/us/blog/shyness-is-nice/201404/how-keep-thought-diary-combat-anxiety>

To request assistance, please call the
BCPS Mental Health Hotline: 754-321-HELP (4357)
A mental health professional will respond to your request in a timely manner.

For more information, please visit
browardschools.com/mentalhealthservices.
BCPS Employee Assistance Program: 754-322-9900
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)



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