

May 2021

Mental Health Moment

Presented by the Counseling Department

Mental Health Awareness Month

Teacher Appreciation

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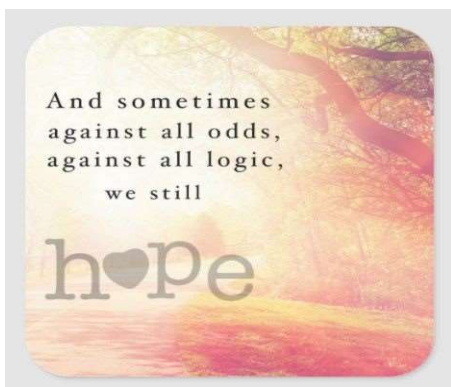
Summer is Coming!



If you or someone you know needs help use these resources:

◆ **Suicide Hotline:**
1-800-273-8255

◆ **TREVOR Project Hotline:**
1-866-488-7386



5 KEYS TO MIND, BODY CONNECTION

MENTAL HEALTH AWARENESS MONTH



DIET AND NUTRITION

A healthy diet is key for your physical and emotional wellbeing. A poor diet can lead to major health issues. The food you eat has an impact on your mood.



EXERCISE

Exercise has so many benefits and can positively impact your mental health. Exercising releases endorphins which changes your mood for the better.



SLEEP

Get enough sleep to reduce any and all risks for mental health problems such as manic episodes, the first episode of psychosis, paranoia, anxiety, and even depression.



STRESS

Stress can be good or bad. Bad stress can negatively affect your mental health. Shift the way you think to cope with stress.

JOIN IN SPREADING AWARENESS!

♥ Things To Remember ♥ averstu.com

You matter even on days
when it feels like you don't.

Your heart will feel better.
Give it time and extra love.

You don't have to pretend
to be happy or okay.

If you're having a hard time right
now, take care of yourself.

it's okay if you don't
know what to do.

Please don't work yourself
to exhaustion. Take a break.

LIFE CHANGING affirmations TO BOOST YOUR CONFIDENCE

♥
I love and accept
myself.

♥
I appreciate and
acknowledge all of me.

♥
I find freedom in my
vulnerability.

♥
I am at peace with my
past.

♥
I allow my true self to
flourish.

♥
There is power within
me.

♥
Compassion is my natural
way of being.

♥
I inhale confidence
and exhale fear.

♥
I am beautiful inside
and out.

♥
I inspire those around
me.

♥
I wake with new
energy and optimism.

♥
I am humble and
proud.

♥
I feel wonderful and
alive.

♥
I appreciate
everything I have.

♥
I have integrity and
my friends trust me.

♥
I attract people who
help me meet my goals.

♥
I am successful in
everything I do.

♥
I am a powerful
creator.

♥
I make my own goals
and crush them.

♥
Prosperity flows
through me at all times.

♥
The universe always
provides for me.

♥
I am connected to the
universe.

♥
I am safe, divinely
guided and protected.

♥
I let go and allow the
universe to do its thing.

♥
All is well and good in
my life.

♥
I speak with strong
confidence.

♥
I am courageous and
speak my truth.

♥
Peace begins in me.

♥
I feel full of life.

♥
I am worthy.

THEREMOTEYOGI.BLOG

**"Anyone who does anything to help a child in his life is a hero to me."
- Fred Rogers**

**THANK
YOU
FOR
MAKING
A
DIFFERENCE
EVERY
DAY.**

Even on your
WORST DAY
in the classroom,
YOU ARE STILL
some child's
BEST HOPE.

~ Larry Bell



♥ Hearttotheclass.com

The Starfish Story

By: Loren Eiseley

One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean.

Approaching the boy he asked: "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

The man laughed to himself and said, "Do you realize there are miles of miles of miles of beach and hundreds of starfish?" "You can't make any difference."

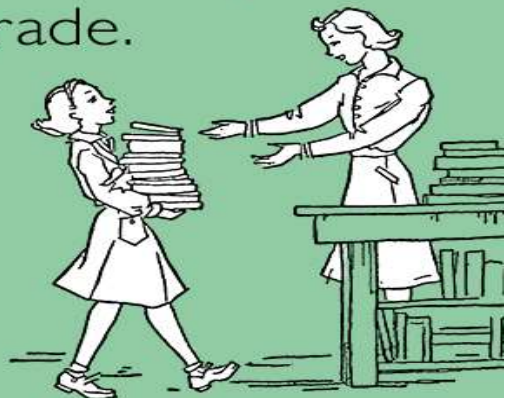
After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said: "I made a difference to that one."



ONCE YOU MASTER
THE ART OF FACING
A ROOM FULL OF
TEENAGERS,
AND COME OUT
ALIVE, YOU CAN DO
ANYTHING

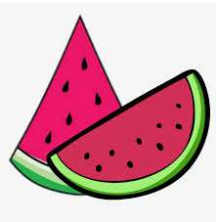
- (During Algebra in play in 10th grade)

Happy Teacher
Appreciation Week if
saying that will help
my final grade.



someecards

Summer loading...



We can do this!