



MAY 13 – 17 is

MENTAL HEALTH AWARENESS WEEK

Where to Start: Mental Health in a Changing World



Make Someone Smile MONDAY

Theme: Acts of kindness may help reduce symptoms of depression and anxiety. It is up to each of us to be kind to one another, sharing a commitment to care for ourselves and those around us.

Activities:

- Today tell someone how special they are, how much you love them, or how much they mean to you.
- Do something kind for someone you don't know. Make someone smile!

Discussion: What is one thing you can do kind for someone today, and how will it make you feel?



Take Action TUESDAY

Theme: If you are worried about your mental health or are worried about someone you know, there are resources and people out there who are willing to help.

Activities:

- Think of two trusted adults you can go to if you need help. Put their names down in a place you look at often (notebook, phone, tablet).
- Learn about the *Say Something* app and considering downloading it to your phone.

Discussion: Who would you go to if you or a loved one needed help? What is something you can say to someone who needs support?



Wellness WEDNESDAY

Theme: Mental health is essential to your overall health and quality of life. When you take care of yourself, your physical and emotional health improve.

Activities:

- Take a walk.
- Find something fun to do each week.
- Do one thing each day that brings you happiness.
- Unplug from social media for a day.
- Take a couple of deep breaths when you are feeling stressed.
- Drink plenty of water.

Discussion: What do you do to take care of yourself?



Thankful THURSDAY

Theme: Focusing on what you are thankful for can have a positive impact on your mental health.

Activities:

- Write a thank you card to someone who brings you happiness.
- Send a "thank you" text to someone who has been kind to you.
- Give a family member, loved one, friend or pet an extra long hug today and tell them how thankful you are for them.

Discussion: What are you thankful for? Who or what brings you happiness?



Fun FRIDAY

Theme: Having fun releases endorphins (natural chemicals in our body) to help relieve stress and promote a sense of well-being.

Activities:

- "Be seen in **GREEN**" to show others that you care about their mental health.
- Do one fun thing today. Make sure to laugh!
- For staff: Play music in your building over the loud speaker to start the day! Music can boost our mood and well-being.

Discussion: What is something you like to do for fun? Why is the color green used to represent mental health awareness?

