

# EBR celebrates

## Mental Health Awareness Month May 2024

### “Look Around, Look Within”

Ways to get involved:

- Commit to and enter the 10,000 step walking challenge
- Use the Challenge Board to help you make mindful choices each day
- CHILL
- Employee Resources
- Complete an activity with students

**DIVISION OF** *Student Support*

# DIVISION OF *Student Support*

MAY is

*Mental Health*

Awareness Month

## *District Wide Walking Challenge*

May 1-17, 2024

One Winner Per Week

All EBR District Employees are eligible to participate.

It has been proven that walking can reduce anxiety and depressive symptoms.

**Benefits of Walking  
at least 10,000 steps per day**

Exercises like walking can improve a person's mental health by improving self-esteem and cognitive function.

Scan to submit steps



Disclaimer: You should always consult with a medical professional before commencing any new exercise program or activity.

# Mental Health Awareness Month Challenge Board

Take time each day to unwind, reset, and connect.

Daily Activities					Take it further
Do a deep breathing activity	Plan a healthy meal	Budget 20 minutes of spa time	Schedule a game night	Try a 5-minute meditation	Start a Journal
Catch up with a friend	Have a phone free night	Ask for help	Take 10 minutes to read	Listen to your favorite music	Book a therapy appointment
Schedule a fun activity	Go for a walk	Adopt a new habit	Write down something good that happened	Get distracted by a movie	Plan a trip to a new place
Donate an item you never use	Practice a favorite hobby	Go to bed 30 minutes early	Cross and item off your to do list	Praise someone	Get creative: write, paint or craft
Do 30 minutes of Yoga or stretching	Set a mini goal	Face time with family	Watch a silly video	Plan a night in with Friends	Unwind with a good book.

# Mental Health Awareness Month

## Take Time to CHILL

**C**

Choose to be responsible for feeling better

**H**

Hear from others who love you and you know care for your well-being

**I**

Intentional time for self and activities you enjoy

**L**

Look honestly at what is keeping you from being or feeling well

**L**

Learn to be less critical of self and others



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# Mental Health Awareness Month

## Employee Resources

### District Resources Available:

#### Your Employee Assistance Program (EAP) is:

- A confidential counseling and referral service for employees and their household members
- A starting place for addressing personal problems
- Help for participants to deal privately and effectively with personal problems:
- Depression, anxiety, stress, Substance abuse, workplace problems or conflicts, parents and family issues, and more

[EAP Flyer](#) or call 1-866-374-6062

### [RethinkEd Mindfulness Series](#)

(Located in the Training Center: Log-in through Clever to access ) A collection of guided mindfulness practices developed for teachers.

### [Professional Quality of Life Scale](#)

The Professional Quality of Life (proQOL) scale is intended for any helper – health care professionals, social workers, mental health professionals, teachers, attorneys, emergency response, etc. Understanding the positive and negative aspects of helping those who experience trauma and suffering can improve your ability to help them and your ability to keep your own balance.

# Mental Health Awareness Month Student Activities

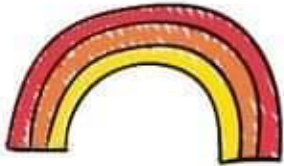
Ideas to incorporate Mental Health Awareness Month in your classroom

- Use the Mental Wellness lessons in RethinkEd
- Self-Care and Mental Health for Kids
- Keys to Emotional Well-Being
- The Skittles Game

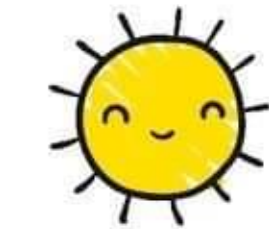


# Mental Health Awareness Month

## Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

"I am angry."  
"I am sad."

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.



# Mental Health Awareness Month

## Keys to emotional well-being

Use  
positive  
self-talk



Remind  
yourself that  
you're a work  
in progress



Work  
towards  
your goals  
& dreams



Stay  
physically  
active



Get enough  
sleep and  
rest



Spend time  
with family  
& friends

Eat a  
balanced  
diet



Talk about  
your  
thoughts &  
feelings



Do  
activities  
you love



Care  
for  
yourself



Keep learning  
things that  
interest you



Give  
back to  
others

Pathway  
2 SUCCESS



# Mental Health Awareness Month

## THE GAME



Tell me something that makes you **HAPPY**

Tell me something that makes you **SAD**

Tell me something that makes you **EXCITED**

Tell me something that makes you **ANGRY**

Tell me something that makes you **LAUGH**

