

Pain is real. But so is **HOPE!**



Seek **H**elp
Find **O**ptimism
Change **P**erspective
Attend to your **E**motions

MENTAL HEALTH AWARENESS MONTH SPIRIT WEEK

May 9th through May 13th

Message Monday- Students and staff are encouraged to share positive messages by creating posters, wall art, and sidewalk chalk displays promoting kindness, mindfulness activities, and mental health awareness quotes and/or slogans.

*BONUS Activity: **“Note to self”**- The district’s mental health team would like to encourage staff and students to write a positive letter to your future self by using your own words or someone else’s words of wisdom with yourself! Make it fun, make yourself laugh, be creative, and inspire yourself!

Team Up Against Stigma Tuesday- Students and staff will wear a favorite team sport t-shirt, jersey, or other attire to *team up* and help reduce stigma associated with mental health.

Wellness Wednesday- Students and staff will participate in a variety of activities to promote positive and healthy coping strategies. Schools are encouraged to plan a time for a wellness activity such as deep breathing, stopping and stretching, listening to music, creating a piece of art, or walking outside.

Tie-dye Thursday- Students and staff are encouraged to wear a **variety of colors** or tie-dye outfits to show a wide range of emotions that students can experience and express in healthy ways.

Fabulous Friday- Encourage all students and staff to incorporate **something green** into their Friday fashion in honor of Mental Health.