

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 9<sup>th</sup> through May 13<sup>th</sup>

**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.