

Mental Health Awareness Month-Week of May 25

Statistic

7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety (CDC.gov)

Self-Care Strategy

Relax and recharge. Set aside time for yourself. Even a few minutes of quiet time can be refreshing and help to quiet your mind and reduce anxiety. Many people benefit from practices such as deep breathing, tai chi, yoga or meditation. Soak in a bubble bath, listen to music, or read or listen to a book — whatever helps you relax. Select a technique that works for you and practice it regularly.

Resources

National Suicide Prevention Hotline

<https://suicidepreventionlifeline.org/>

NAMI-Getting the right start

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Getting-the-Right-Start.pdf>

Fitness, Tai Chi, Yoga & Meditation Resources

Fitness-<https://www.darebee.com>

Article for Parents

How to Help Teens During the Coronavirus Outbreak

<https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/teen-tips-coronavirus/>

Jamboard

Our wonderful staff at GCHS created a jamboard filled with self-care tips, ideas and strategies. Take a minute and look through all the strategies the staff are using! See if you are using the same strategies or think of a different self-care tip, idea or strategy that isn't listed!

https://jamboard.google.com/d/1BumWN_3HdNAzt1TbHCO-HLldw8jYZF3pRqaV0Ec6iHQ/edit?usp=sharing

Peer Educator Video

<https://youtu.be/mLR26SFxurl>

Social Worker Video

<https://www.youtube.com/watch?v=Wt5dtVlgb3s&feature=youtu.be>

*Remember, during this time, so many people are needing support. Your School Social Worker, Dina Grappone, is available to provide support to students and parents. Her email is Grapped@gcufsd.net. Do not hesitate to reach out!

May is

Mental Health Awareness Month

1 in 4 people will suffer from some form of mental illness in any given year



Break the Silence
Break the Stigma

Not all pain is physical and not all wounds are visible

Out of the Ashes / FB

