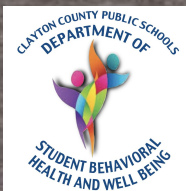


CCPS Student Behavioral Health & WellBeing

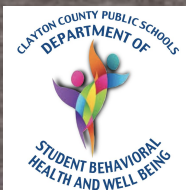
Presents

Mental Health Awareness Month



May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience.





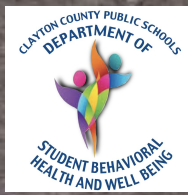
Monday - May 2 . 2022

Did you know ?

For Adolescents ...

36.7% had persistent feelings of sadness or hopelessness.



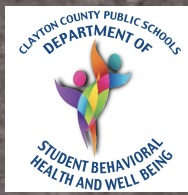


Tuesday - May 3, 2022

True or False?

More than 30 % of adolescents have consistent feelings of sadness or hopelessness.





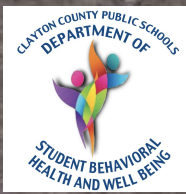
Tuesday - May 3, 2022



True or False?

TRUE!





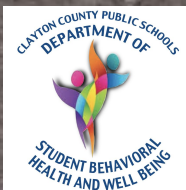
Wednesday - May 4, 2022



Mental health is an important part of children's overall health and well-being. Mental health includes children's mental, emotional, and behavioral well-being. It affects how children think, feel, and act. It also plays a role in how children handle stress, relate to others, and make healthy choices.

Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, causing distress and problems getting through the day. Among the more common mental disorders that can be diagnosed in childhood are attention-deficit/hyperactivity disorder (ADHD), anxiety, and behavior disorders.



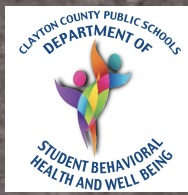


Thursday - May 5, 2022

True or False ?

Among the more common mental disorders that can be diagnosed in childhood depression is the number one.





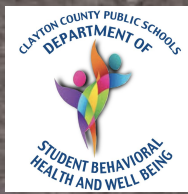
Thursday - May 5, 2022

True or False?

FALSE!

Among the more common mental disorders that can be diagnosed in childhood are attention-deficit/hyperactivity disorder (ADHD), anxiety, and behavior disorders.





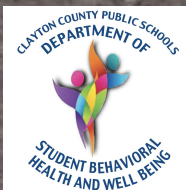
Friday - May 6, 2022

Did You Know ?

5.7% of adolescents make a suicide plan.

8.9% of adolescents attempt suicide.





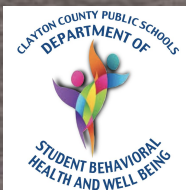
Monday - May 9, 2022



Tip #1 . Talk Openly About Feelings

One of the biggest mental health tips for kids is keeping the channels of communication open. Always feel free to go to a trusted adult about your feelings no matter what is going on. Your feelings have value and they will be more likely to keep coming to you to talk about how they're feeling throughout their life.



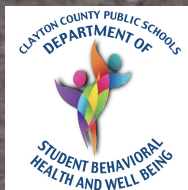


Tuesday - May 10, 2022

Tip # 2. Follow A Routine

Kids thrive when they are following a routine. When things happen that upend their everyday lives, it can add to the stress and uncertainty they're already feeling. That's why one of our top mental health tips for kids is to have them follow a daily routine. Then they need to have scheduled time for studying, playing, snacks, and meals.



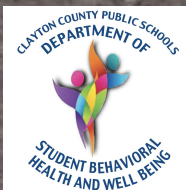


Wednesday - May 11, 2022

Tip # 3. Find A Trusted Support

In times of crisis, it's important to be open and honest about your feelings. Try not to confuse your feelings or emotions with outside noise and find someone who is a trustworthy person to share with.





Thursday - May 13, 2022

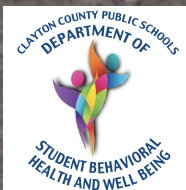


Tip 4: Watch Out For Signs of Trouble

One useful way to help learn the signs of mental distress. It can be difficult to identify them. However, there are some signs that you should take action:

- **Difficulty controlling emotions**
- **Avoidance of normal activities**
- **Withdrawing from relationships with friends and family**
- **Difficulty keeping up with responsibilities**
- **Erratic behavior or outbursts of anger**
- **Continuous sad mood**
- **Changes in eating or weight loss**



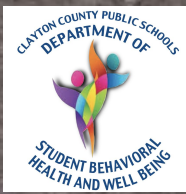


Friday - May 13, 2022

Tip #4. Make Time for Play

One of the best things you can do for your mental health is to make sure you get time to play and relax. You need time to express your creativity, your imaginations, and focus on fun things.





Monday - May 16, 2022

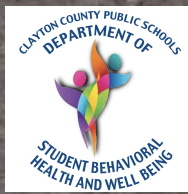


Today we will practice a breathing activity. When it comes to deep breathing exercises for kids, the key is to make these exercises fun and easy to remember . We will practice the “ Shoulder Roll Breath”.

Shoulder roll breaths are a great breathing exercise for kids. They have the added benefit of releasing tight muscles and tension.

At this time , please comfortably. As they take a deep breath in, encourage them to roll their shoulders up toward their ears. Have them drop their shoulders back down on the exhale.



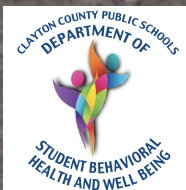


Tuesday - May 17, 2022



Today we will practice another breathing exercise . Today will will practice “ Dragon Breathing’ . Please sit comfortably on the ground or on a chair. The key here is to have a nice long spine. Take a deep breath in through your nose. Open your eyes and mouth wide, stick out your tongue, and breath out through your mouth. Is it hot in here?



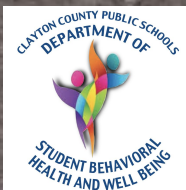


Wednesday - May 18, 2022



Today we will practice another breathing exercise . Today will will practice “ Dragon Breathing’ . Please sit comfortably on the ground or on a chair. The key here is to have a nice long spine. Take a deep breath in through your nose. Open your eyes and mouth wide, stick out your tongue, and breath out through your mouth. Is it hot in here?





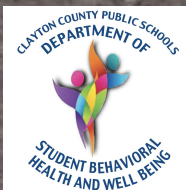
Thursday - May 19, 2022



Today we will practice another breathing exercise . Today will will practice “ Taco Breath Cool Down”. When energy is very high and it’s time to cool down and relax our bodies, I may have children practice cooling sitali, or as I like to call it, taco breathing.

Find a comfortable seated position with a nice long spine. Relax your shoulders. Curl the edges of your tongue together like a little taco. **Disclaimer:** *this is not genetically possible for everyone, so if you or your kiddo’s tongue doesn’t curl, just make a little round straw with your lips.*

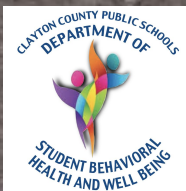
Take a deep breath in through your taco or straw. Hold the breath for a second, then gently breathe out through your nose. I feel calmer already.



Friday - May 20, 2022

Today we will do another breathing exercise. This breathing exercise will be called "Partner Breaths". Please choose a partner. Then sit back to back with your partner and see if you can feel each-other's backs and ribs expanding with each breath. Then have one partner lean forward while the other leans back, opening their chest and expanding their ribs. Take a few breaths and then switch.





Monday - May 23, 2022

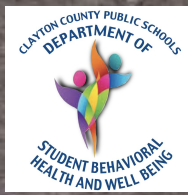


This week we will say positive affirmations. Positive affirmations help in having a positive mindset. It can also do wonders for your attitude. Looking on the bright side of a situation can help you find more creative solutions, enjoy better health, do better in school or work, and even live longer.

Please repeat after me ...

“How I Feel Matters. It is my duty to myself to be in control of my emotions and actions.”





Tuesday - May 24, 2022

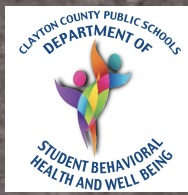


This week we will say positive affirmations. Positive affirmations help in having a positive mindset. It can also do wonders for your attitude. Looking on the bright side of a situation can help you find more creative solutions, enjoy better health, do better in school or work, and even live longer.

Please repeat after me ...

“I Allow Myself to Be in Only Healthy Relationships. It is important to my well being.”





Wednesday - May 25, 2022

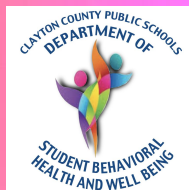


This week we will say positive affirmations. Positive affirmations help in having a positive mindset. It can also do wonders for your attitude. Looking on the bright side of a situation can help you find more creative solutions, enjoy better health, do better in school or work, and even live longer.

Please repeat after me ...

“ I will make it my duty to take the time to care for my body, mind, and spirit.”





Please utilize the following links for additional resources!

- [FreeYourFeels.Org](https://www.freeyourfeels.org/)
- [WeAllHaveMentalHealth](https://www.weallhavementalhealth.org/)
- [MentalHealthTips](https://www.mentalhealthtips.org/)
- [CCPS S.P.A.R.K Website](https://www.ccps.org/spark)

CLAYTON COUNTY PUBLIC SCHOOLS



Schools Partnering to Advance wellness, Resilience and Knowledge

