

# May Mental Health Awareness 2023

## Morning Announcements Grade 6 to 12

**Do you know what Mindfulness is?** It's a practice that can help you reduce your stress. Mindfulness is about slowing down, seeing things clearly, and paying attention moment to moment. When you are mindful, you notice what is happening as it is taking place and you are more aware. Start slowing down and enjoy the moments in your day.

**What form of physical activity is Free,** doesn't need special equipment, doesn't depend on the weather, is sociable, and can be done every day? If you said **Walking**, then you're right. Walking is something that we do every day. Do you know that Regular **exercise** can improve psychological well-being and reduce depression and anxiety. And help you cope with stress? What activity do you enjoy doing?

**This month we are promoting Mental Fitness.** Did you know that by Balancing work and play can help ease stress? It's important to take time to work on your schoolwork and home responsibilities, but make sure to make time for things you enjoy too, like playing music, spending time with a pet, or hanging out with friends. Even if it's only for a few minutes, making time to relax and recharge lowers your stress.

**Did you know that planning your day can help ease your stress and worry.** Use a calendar or an app on your devices to fill in when all your school assignments and tests are due, make sure to add your activities too. Don't forget to block in times to do things you enjoy. Having a plan and daily routine is one of the ways you can help reduce stress.

**Did you know that our school is full of people who care about you. Ask for help when you need it.** Teachers, family, and friends can be a good people to reach out to when you need help or just someone to talk to. Start by going up to them and say, "Can we talk for a minute?" Remember, talking with someone can help you explore your emotions and give you a fresh way of thinking about things.

**Did you know that you can use the positive energy of stress to help motivate you to get things done.** If you have homework, a school project or assignment due by a certain date, give yourself a positive mental push to get things started. Think to yourself, "OK, I've got this, I'm on it, let's get things started." What are some ways that you motivate yourself?

**May is Mental Health Awareness month. Did you know that your school and community are here for you. Deal with problems as they come up.** Don't ignore everyday problems, instead, look for ways to how work them out. If you're not sure what to do, ask for help from others. We are here for you!

**Did you know that what you eat affects your mood, energy, and stress level.** Choose healthy food options. You don't have to stop eating all treats but if sweets are your go to snacks, you're likely going to crash or feel cranky. What is your go to healthy snack?

**Did you know that sleep can affect your stress level.** After being at school all day and participating in activities, you might feel like staying up late to hang out with friends or binge watch that show you love. But by going to bed late doesn't leave enough time for a well-rested night of sleep especially when you need to get up early for school. Try to stick to a set bedtime routine and wake up time.

**Did you know that stress melts away when you're exercising, playing a sport, or dancing to your favorite music.** Exercise is a way to manage stress and make your mood more positive. What activity are you going to do today?

**Did you know that when you feel stressed or overwhelmed that belly breathing is a quick way to lower your stress.** It's as simple as taking some deep, slow belly breaths. Try practicing belly breathing every day to help you lower everyday stress.