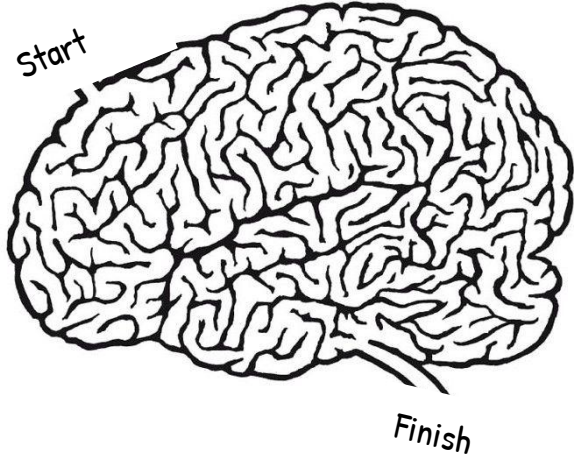


MENTAL HEALTH awareness month

Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves your attention just as much as your physical health does.

My Mental Health Matters!



Complete the brain maze above. When you hit a wall, take a *deep breath* and keep going! **Don't give up!**

Mindful Moments

Kite Pose
.....

Stand up tall and bring your feet together so they are touching. Raise your arms up and clasp your hands over your head so they are connected. Stretch up to the sky as far as you can. Bend slightly to the left. Pause. Bend slightly to the right. Pause. Repeat 3 times on each side.

HUGGING BREATH
.....

Close your eyes if you feel comfortable. Give yourself a hug. Breathe in and out. Repeat 3 times.

OCEAN WAVES
.....

Set a timer for 1 minute. Cover your ears with your hands and close your eyes. Focus on your breathing. Breathe in. Slowly breathe out. Now, notice the sound that your breathing makes. Begin to visualize peaceful ocean waves.

Smiling BREATH
.....

Stand or sit in a comfortable position. As you breathe in, think of a person you are grateful for. As you breathe out, send them a smile.

MENTAL HEALTH awareness month

Look for & circle the words listed below

S E A L G Y U N R
 N M W I N H E P K
 O L A S I T S L I
 I A R T P L U E N
 T B E E O A P H D
 O C N N C E P I N
 M Q E I S H O V E
 E T S N X K R M S
 T F S G I F T P S

- Awareness
- Healthy
- Coping
- Help
- Emotions
- Listening
- Support
- Kindness

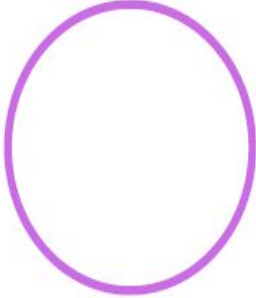
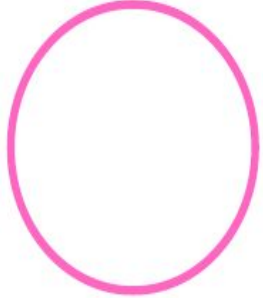
CIRCLES OF SUPPORT

Who do you rely on for support?

How do these people show up for you when you need help?

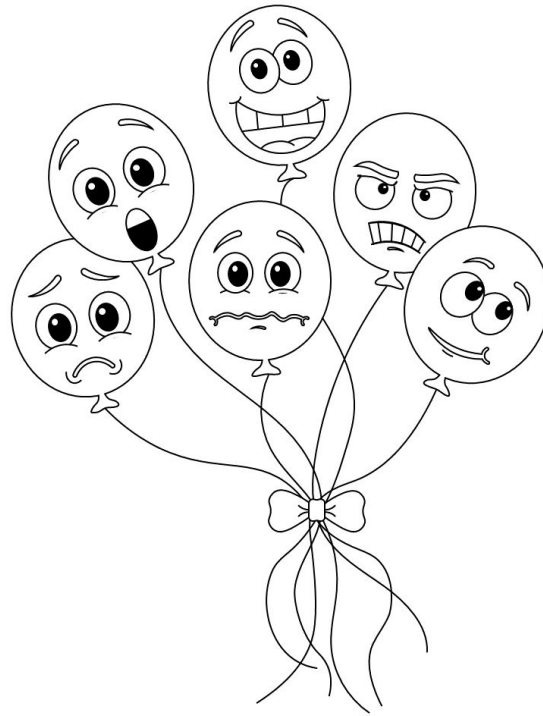
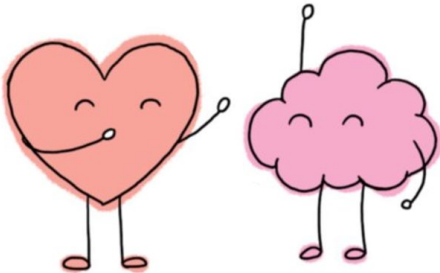
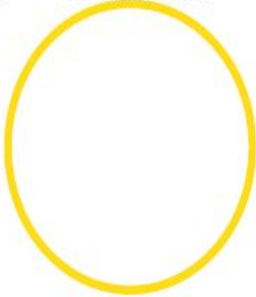
FAMILY

FRIENDS



COMMUNITY

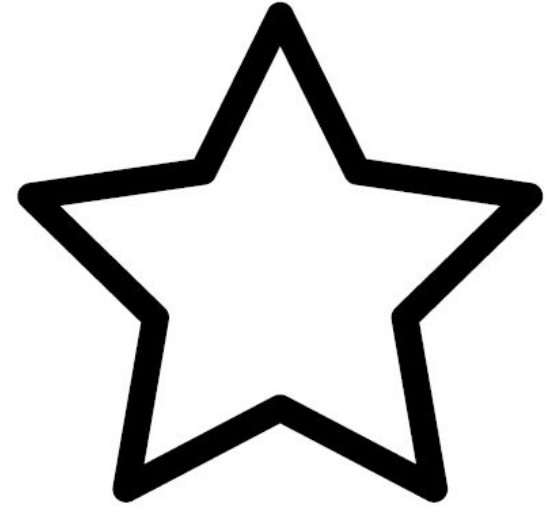
OTHER



Your feelings matter!
How do you feel today?

WHAT MAKES ME SHINE

Fill your star with all things you love about yourself! Think about what makes you special, what makes you unique - characteristics, talents, etc!



I make the world a better place because:
