

Mental Health Matters at DCSD

Promoting Healing, Sharing Hope














DCSD Mental Health Awareness in Daily Doses Activities for Staff

Mental Health Awareness can easily be incorporated into our daily lives. It only takes a few minutes.

Check off the days you increase your awareness in May!

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Understanding Dementia 101 Wellness Webinar  <input type="checkbox"/> Done See News Flash	2  Search the difference between mental health and mental illness online <input type="checkbox"/> Done	3  Tune into a mental health focused podcast <input type="checkbox"/> Done
6 Learn about how The 8 Dimensions of Wellness impact mental health <input type="checkbox"/> Done	7 Take an online mental health assessment Click here <input type="checkbox"/> Done	8 Gardening for Stress Relief Webinar See NewsFlash  <input type="checkbox"/> Done	9 Try out a mental health APP and spend a day following one of its programs Click here <input type="checkbox"/> Done	10 Learn about the impact of physical movement on mental health.  <input type="checkbox"/> Done
13 Learn more about how ART THERAPY can support student learning  <input type="checkbox"/> Done	14 Stress Less, Live More Wellness Webinar 10:00 and 2:00 See NewsFlash <input type="checkbox"/> Done	15 Take a collective deep breath with us at 10:15 am Click here <input type="checkbox"/> Done	16 Check out Mental Health Day of Action  Activities going on around town. https://www.mentalhealthaction.network/ <input type="checkbox"/> Done	17 Review common challenges to mental health for adolescents <input type="checkbox"/> Done
20 Perform a random act of kindness today Click here <input type="checkbox"/> Done	21 Talk to a family member about any mental health challenges that might run in the family Click here  <input type="checkbox"/> Done	22 National Alliance on Mental Illness (NAMI) Webinar 10:00 and 2:00 See NewsFlash <input type="checkbox"/> Done	23 Learn how different types of music IMPACT Mental health  <input type="checkbox"/> Done	24 Watch MAXED OUT: A Short Film on Student Mental Health (a student facing a mental health challenge & getting help)  <input type="checkbox"/> Done
27 Check out online mental health pages on IG, FB or X (formerly known as Twitter)  <input type="checkbox"/> Done	28 Learn the difference between stress and anxiety Click Here <input type="checkbox"/> Done	29 Check out the DCSD EAP Program resources Click here  <input type="checkbox"/> Done	30 Recite Mental Health Affirmations that support well-being. Click here <input type="checkbox"/> Done	31 Pledge to support the effort to change the way the world sees mental illness  Click Here <input type="checkbox"/> Done

DCSD Mental Health Awareness in Daily Doses Activities for Students & Families

Mental Health Awareness can easily be incorporated into our daily lives. It only takes a few minutes.

Check off the days you increase your awareness in May!

MAY

Monday

Tuesday

Wednesday

Thursday

Friday

6

Give someone
a
compliment

☐ Done

7

Go to bed
30 minutes earlier than usual

[Read the benefits here](#)

☐ Done

Wednesday

Search the difference between
mental health and
mental illness online **1**

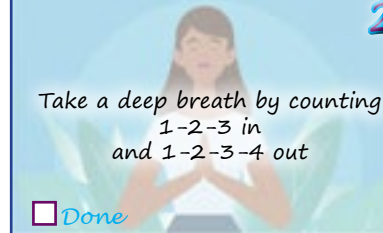
☐ Done



2

Take a deep breath by counting
1-2-3 in
and 1-2-3-4 out

☐ Done



3

Visit a website
on nurturing
positive body
image

[Click here](#)

☐ Done



13

Do some Doodling

☐ Done



14

Count
5 things you can see
4 things you can hear
3 things you can feel
2 things you can smell
1 thing you can taste

☐ Done



15

Take a
collective deep breath
with us at 10:15 am

[Click here](#)

☐ Done



9

Try out a mental health
APP for kids and try out
one of its programs

☐ Done



10

Take an online mental
health assessment

[Click here](#)

☐ Done



20

Practice kindness
by doing something
nice for someone

☐ Done

Ask family
member about
how they stay
mentally healthy
and share what's
on your mind
[Click here](#)

☐ Done



22

Check out
[ChildrensMentalHealthMatters.org](https://www.childrensmentalhealthmatters.org)
on FB for info and resources
on mental health

☐ Done



23

Read a list of feeling words out
loud with a video

[Click here](#)

☐ Done



24

Watch
[MAXED OUT: A Short Film on Student Mental Health](#)
(a student facing a mental health
challenge & getting help)

☐ Done



27

Sleep at least 7 hours tonight

[Click here](#)

☐ Done

28

Learn the difference between
stress and anxiety

[Read more](#)

☐ Done

29

Take five minutes and do
ABSOLUTELY NOTHING
without guilt

☐ Done

30

Find a living veteran
and tell them thank
you for their service
(Traditional Memorial Day)

☐ Done



31

Congratulations
Congratulate
yourself for your
increased mental health
awareness and progress

☐ Done



Self-Care Activities to Support Mental Wellness for Parents

Parents, take some time to support your mental wellness with these self-care activities during the month of May.
Check off the days you participate in these enriching activities.

MAY



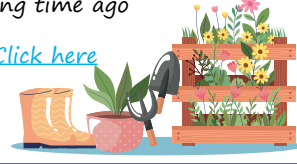



Monday

Tuesday

Wednesday

Thursday

Friday

		<p>Perform a random act of kindness today Click here 1</p>  <input type="checkbox"/> Done	<p>Set up a reminder on your phone to take a moment to take a deep breath 2</p>  <input type="checkbox"/> Done	<p>Turn on your favorite song and dance wildly for 4 minutes 3</p>  <input type="checkbox"/> Done
<p>Learn about how the 8 dimensions of wellness impact mental health 6</p> <input type="checkbox"/> Done	<p>Eat a vegetable for lunch or dinner 7</p> <p>Healthy Tips</p> <input type="checkbox"/> Done	<p>Walk outside or sit in the sun for 10 minutes 8</p>  <input type="checkbox"/> Done	<p>Try out a mental health APP and spend a day following one of its programs 9</p> <p>Click here</p> <input type="checkbox"/> Done	<p>Tell someone thanks for something they did for you a long time ago 10</p> <p>Click here</p>  <input type="checkbox"/> Done
<p>Do some Doodling 13</p>  <input type="checkbox"/> Done	<p>Send a text to a friend or family member to check on them or just say "Hi" 14</p> <input type="checkbox"/> Done	<p>Take a collective deep breath with us at 10:15 am 15</p> <p>Click here</p> <input type="checkbox"/> Done	<p>Check out Mental Health Day of Action 16</p>  <p>Activities going on around town. https://www.mentalhealthaction.network/</p> <input type="checkbox"/> Done	<p>Recite Mental Health Affirmations that support well-being. 17</p> <input type="checkbox"/> Done
<p>Take a movement class by video or in person (i.e, aerobics or dance) 20</p> <input type="checkbox"/> Done	<p>Talk to a family member about any mental health challenges that might run in the family 21</p> <p>Click here</p>  <input type="checkbox"/> Done	<p>Get a massage or schedule one for sometime in the next 30 days 22</p> <input type="checkbox"/> Done	<p>Laugh out loud at least 5 times today 23</p> <p>Read more</p> <input type="checkbox"/> Done	<p>Write in a journal 24</p> <p>Read the benefits</p> <input type="checkbox"/> Done
<p>Drink at least 64 ounces of water today 27</p> <p>Here's why</p> <input type="checkbox"/> Done	<p>Learn the difference between stress and anxiety 28</p> <p>Read more</p> <input type="checkbox"/> Done	<p>Stand in the grass barefoot for at least 5 minutes 29</p>  <input type="checkbox"/> Done	<p>Put away \$10 for a rainy day 30</p> <p>Repeat every Friday</p>  <input type="checkbox"/> Done	<p>Take five minutes and do ABSOLUTELY NOTHING without guilt 31</p> <input type="checkbox"/> Done