

School Mental Health Newsletter

MINDFUL MOMENTS

Welcome Back!

Let's begin the year
discussing:

- Successful Goal Setting
- Self-Care
- Cultural Sensitivity



CREATING :

SUCCESSFUL GOALS/RESOLUTIONS :

- Setting realistic goals-break down large goals into small ones to be more achievable practice.
- Practicing gratitude -being thankful for each day
- Take breaks -allow yourself time to rest and recharge.
- Seek support-utilizing friends and family when needed for guidance or to listen.

EMBRACING :

SELF-CARE

As we welcome a new year, many of us are reflecting on our goals, aspirations, and priorities. January gives a fresh start to focus on mental health and well-being. Here are some tips, resources, and reminders to help cultivate a positive and healthy mindset. This month it is encouraged to prioritize self-care by:

SELF-CARE

STRATEGIES

- Getting enough sleep
- Engaging in regular sleep (7-8hrs)
- Practicing mindfulness
- Connecting with support system
- Indulging in activities that bring you joy and relaxation (reading, hobbies, etc)



January Celebrations:

- Parent Mental Health Day: On January 27, 2025, the theme for Parent Mental Health Day is "Creating Positive Relationships".
- Maternal Health Awareness Day: On January 23, 2025, this day focuses on the health and well-being of mothers before, during, and after pregnancy.

HOLIDAY SENSITIVITY

As the holidays have ended and we return to resume the school year, it is imperative that we be vigilant in our conversations with students. Keep in mind all students do not celebrate traditional holidays and some are not as fortunate to receive the same physical gifts and celebrations as others. Reframe from causing a student to relive holiday trauma that may have occurred over the break as some students are celebrating the holidays without a loved one or reliving the emotional trauma of grief of missing a loved one. Be an advocate for your student and seek support if you notice any concerns.