

MENTAL HEALTH NEWSLETTER

March Madness!

In this month's newsletter, we will explore effective ways to manage anger and stress, crucial for maintaining mental well-being.



1. Deep Breathing Exercises

Practice deep breathing to help calm your mind and body. Inhale slowly through your nose for a count of four, hold for a count of four, and exhale slowly through your mouth for a count of four. Repeat several times until you feel more relaxed.

2. Mindfulness and Meditation

Engage in mindfulness or meditation practices to stay present and gain perspective. Focus on your breath, observe your thoughts without judgment, and let go of any tension. Regular practice can help reduce stress and improve emotional regulation.

3. Physical Activity

Exercise is a great way to release built-up energy and reduce stress. Whether it's a brisk walk, a run, or a workout session, physical activity can help clear your mind and improve your mood.

4. Progressive Muscle Relaxation

This technique involves tensing and then slowly relaxing different muscle groups in your body. Start from your toes and work your way up to your head, focusing on each muscle group for a few seconds. This can help reduce physical tension and promote a sense of calm.



Timeout - Let's talk!

Talking to kids about anger is important for helping them understand and manage their emotions. Here are some effective ways to approach the conversation:

- Use Simple Language
- Validate Their Feelings
- Teach Them to Recognize Anger
- Discuss Healthy Ways to Express Anger
- Model Calm Behavior

Huddle up it's...

Social Work Month

Thank a Social Worker!

School Social Worker Week (3/2-3/8)



World Teen Mental Wellness Day

Focuses on promoting mental wellness among teenagers and highlighting the pressures they face. (3/2)

International Women's Day

Celebrates the social, economic, cultural, and political achievements of women worldwide. (3/8)

St. Patrick's Day

A day to celebrate Irish culture and heritage. (3/17)

