

OCTOBER, 2024

# SCHOOL MENTAL HEALTH NEWSLETTER

## Mindful Moments



### CELEBRATING WORLD MENTAL HEALTH DAY – OCTOBER 10, 2024

This October, we observe World Mental Health Day to raise awareness about mental health issues and promote well-being in our school community. This year's theme is Mental Health is a Universal Right, reminding us that everyone deserves access to support, understanding, and care.

In our schools, we are dedicated to fostering a supportive environment for all students, staff, and families. Throughout October, we'll focus on building mental health resilience and offering resources that promote well-being in our community.



### STAFF WELLNESS CORNER: SELF-CARE AND STRESS MANAGEMENT

As educators and school staff, the work you do is incredibly valuable—but it can also be stressful. This October, we encourage you to take some time for self-care. Here are a few tips to maintain your mental health during the busy school year:

- Practice Mindfulness: Take five minutes each day to pause and focus on your breathing. This simple act can help reduce stress and bring clarity.
- Move Your Body: Intentional physical activity, even a short walk, can reduce stress and improve your mood.
- Set Boundaries: Protect your time outside of work by setting clear boundaries. This might mean turning off notifications after a certain hour or creating a quiet space at home to unwind.

Remember, a well-rested and healthy staff leads to a more positive school environment. Take care of yourself so you can continue to take care of others!

### Other Important Observances and Insights

October is not just a month for observing World Mental Health Day. It also brings attention to issues like bullying prevention and Breast Cancer Awareness.



National Bullying Prevention Month is an important reminder. Addressing bullying is crucial, as it directly affects emotional well-being, self-esteem, and academic performance.

Breast Cancer Awareness is a time to focus on mental wellness. Mental health care plays an important role in healing and coping during and after treatment.

Let's remember October; a time to promote kindness, inclusivity, and acceptance.