

APRIL

Monthly Wellness tips from the MCISD Mental Health Team

ENGAGE YOUR MIND

We have all found ourselves in a time of uncertainty. COVID-19 currently has us wading through information, speculation, and resources galore...it can be overwhelming. In order to manage some of the worry and anxiety you may be experiencing it is always helpful to focus on concrete tasks and things that are within your control.

1 Engage in FREE professional learning:

- [The Science of Well-Being from Yale University](#).
- [Trauma-Informed Resilient Schools from Starr Commonwealth](#)

Engage in mindfulness activities to help you stay grounded:

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- [Take a Deep Breath from Calm](#) has meditations, sleep stories, breathing exercises and more available with just the click of a button- no account needed!
 - Stay present in the moment: Name 5 things in the room, name 5 things outside. How do those things feel? What sounds are you hearing? Realize that in the present moment, nothing you've anticipated has happened. In this moment, you are okay.

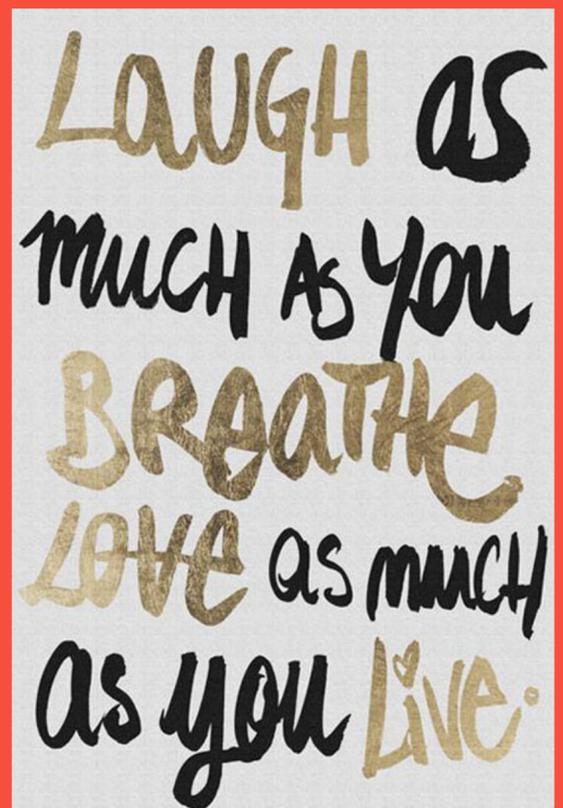
FOCUS ON LAUGHTER & LOVE

April 1st is April Fool's Day!

Bring some light-hearted fun into your home by making brussel sprout cake pops or freeze mentos in ice for a fizzy surprise! We would love to see what you come up with!  @MCISDMentalHlth

April 10th is hug your dog day!

If you don't have a dog- give your family pet a hug! Pamper your pets with some homemade treats, cuddles, or a long walk!



LAUGH AS
MUCH AS YOU
BREATHE
LOVE AS MUCH
AS YOU LIVE.



Questions?

Whatever you need, the Mental Health Team is here for you.

Visit our webpage: [MCISD Mental Health Support Services & Twitter](#) for updates!

Call: 734-322-2713