



Mental Health Awareness Week at Southern Middle School

Mental health is something everyone has, regardless of age, gender, race, culture, income, or education. Mental health awareness helps all youth have opportunities to be successful in school, at home, in the community, and in their future adult lives. This week we will be building awareness by sharing mental health facts as well as self-care and coping strategies. In honor of Mental Health Awareness, wear **GREEN** on **Tuesday, May 18, 2021 and Friday, May 21, 2021**. Send pics to Mrs. Roser at croser@aacps.org.

#NOTALONE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mental Health Fast Fact: 1 in 5 children experience a diagnosable mental health condition each year, yet only 20% are identified and receive treatment.</p>	<p>Mental Health Fast Fact: Half of all lifetime mental health conditions begin by age 14 and 75% of age 24. Early intervention helps!</p>	<p>Mental Health Fast Fact: 48% of 11-17-year-olds surveyed by Mental Health America reported feeling <i>very</i> stressed out.</p>	<p>Mental Health Fast Fact: Anyone can experience mental illness regardless of race, ethnicity, sexual orientation, or gender identify,</p>	<p>Mental Health Fast Fact: Mental illness is caused by a number of factors including biological factors, stressful or traumatic life events, and long-lasting health conditions such as heart disease or cancer.</p>
<p>Self-Care Strategy of the Day: Exercising</p> 	<p>Self-Care Strategy of the Day: Spending Time with Others</p> 	<p>Self-Care Strategy of the Day: Get a Good Night's Sleep</p> 	<p>Self-Care Strategy of the Day: Eating Healthy Foods</p> 	<p>Self-Care Strategy of the Day: Use positive self-statements and practice gratitude.</p> 
<p>Coping Strategy of the Day: Talking to a Friend or Family Member</p> 	<p>Coping Strategy of the Day: Taking a Break</p> 	<p>Coping Strategy of the Day: Taking Deep Breaths</p> 	<p>Coping Strategy of the Day: Listening to Music</p> 	<p>Coping Strategy of the Day: Coloring</p> 