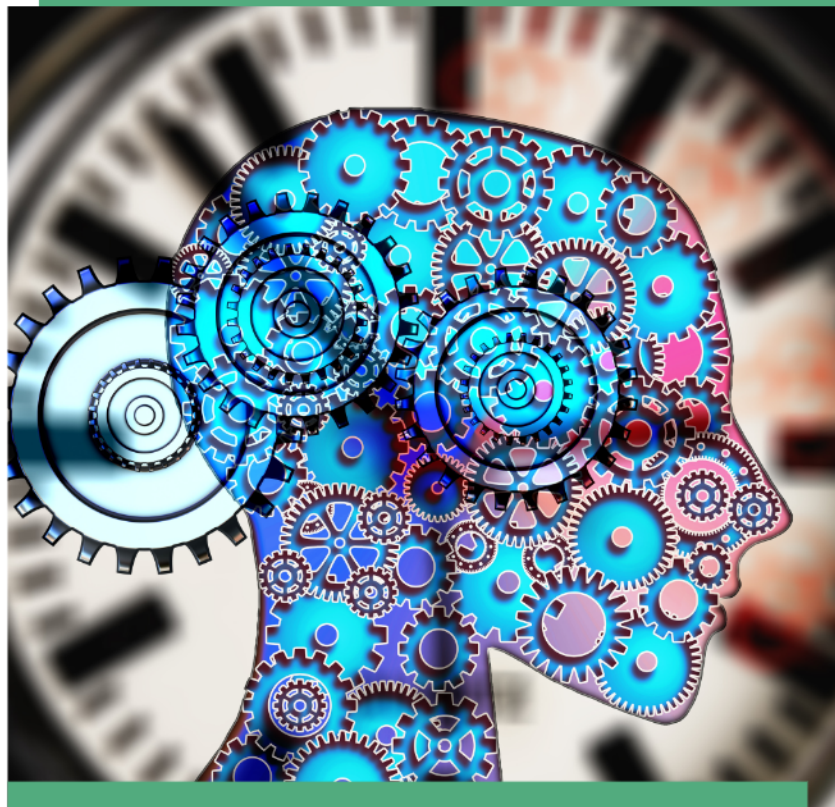




MENTAL HEALTH MATTERS

Tips on strengthening mental wellness in everyone!

March 2021



GO ON A "LISTENING" WALK

Walk together in silence, listening for sounds you don't usually notice. Then talk about the sounds you hear. Just be in the moment.

TRY A SITTING MEDITATION

Turn down the lights, turn off your phones and sit with your kids. Stay still and quiet and focus on your breathing. Breathe in and out through your nose. Do this for a couple of minutes to quiet your mind.

WHAT IS MINDFULNESS?

Mindfulness is the practice of being present in the moment, "right here, right now" and not judging how you feel. When you are mindful, you notice your thoughts and feelings. Being aware of your thoughts and feelings lowers stress levels in children and adults. Being mindful brings peace, patience and kindness to our lives.



MENTAL HEALTH HELP IS AVAILABLE. TALK TO YOUR CHILD'S TEACHER OR CALL/TEXT LAURA COOLEY (906) 231-5492