

Mental Health & Behavior Support Services

Newsletter Issue No. 4 May 2020-Teachers Edition

MENTAL WELLNESS

According to the World Health Organization, mental wellness is defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

<https://www.americanmentalwellness.org/intervention/definitions/>

This definition applies to both our students and also our teachers who are at times a support system outside of the household. That is why the importance of increasing the ability to support our students but also take care of ourselves.



10 Common Warning Signs of Mental Illness

1. Feeling very sad or withdrawn for more than two weeks
2. Seriously trying to harm or kill oneself or making plans to do so
3. Severe out-of-control, risk-taking behaviors
4. Sudden, overwhelming fear for no reason
5. Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
6. Seeing, hearing or believing things that are not real
7. Repeatedly using drugs or alcohol
8. Drastic changes in mood, behavior, personality or sleeping habits
9. Extreme difficulty in concentrating or staying still
10. Intense worries or fears that get in the way of daily activities

<https://covid19k12counseling.org/student-mh-week>

How to help

1. Don't judge students, be calm and accepting
2. Encourage student to get help from their School Counselor or trusted adult
3. Know the Warning Signs
4. Create a mental health friendly environment
 - a. Validate students' feelings and allow them to talk about it
 - b. Classroom management techniques
 - c. Accommodations
5. Encourage good health a. Balance of school and outside activities
6. Know where resources are and where available
7. Work with their family <https://covid19k12counseling.org/student-mh-week>

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Setting Healthy Intentions for the Week

Start this week with a fresh beginning. This exercise serves a dual purpose: It helps clear your mind of worries, stress and unhappiness. And it creates a clean slate for you to refresh your healthy intentions.

<https://www.destressmonday.org/healthy-intentions/>



Clear the way to refresh your intentions

1. Take long, deep breaths to get calm and centered. Notice your thoughts and feelings.
 2. Let go of anything causing you stress or unhappiness by imagining it drifting away with each breath.
 3. With a clear mind, set an intention for the week such as being more compassionate or confident. Refresh your intention during the week.
- <https://www.destressmonday.org/healthy-intentions/>



Next Issue:

1. Will continue to provide self-care tips and techniques.
2. Please email me if you want any other topic added to the Newsletter.
3. Will begin to provide information regarding Trauma.