

May Wellness

Tips from MCISD Mental Health Team

Mental Health Awareness Month

Our goal is bring you awareness to support your own mental health and decrease the stigma of mental health throughout this month. Stress remains at an all time high for all of us. Here are some quick ways for you to take care of your own mental health and spread awareness.

Spread Awareness

- Check on your friend that you have not talked to in awhile
- Start a conversation by saying " I am here for you."

Wellness Wednesdays

- Wear Green
- Eat something green in your meal(s)

Watch Mindfulness Videos

- [Mindful Eating](#)
- [Mindful Crafting](#)

Self Care Ideas

- Spend 5 minutes each day doing something for you!
- [Self Care Video](#)

Questions?

Contact us: 734-322-2727

@MCISDMENTALHLTH

You are not alone



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