

WELLNESS

September wellness tips from the mental health team

A new start to the school year

In order to help orient yourself to this very different start to the new school year, consider reading this [article](#), *Supporting post-lockdown education using the 6 principles of nurture*, as it helps us take a different perspective on interacting with our students. It also provides suggestions for activities on how to meet the nurture needs of students. "Applying a nurturing approach in children's return to school-based education enables us to focus on the factors which foster healing and resilience in the face of trauma. Factors such as safety, understanding, wellbeing and inclusion."

Physical Health Focus

Help your students become Germ Busters with these resources:

- Get videos and posters from MDE [HERE](#) about hand washing and proper face mask use.
- Share these Michigan Model Resources
 - [Germ Busters](#)
 - [Preventing Illness: Cover Coughs and Sneezes](#)
 - [Preventing the Spread of Germs: Hand Washing](#)

Mental Health Focus

Many children who return to school will be lonely, having been isolated for months. Many who remain at home will feel even lonelier and more isolated as they see members of their peer group out and about. Loneliness can translate to poor sleep, high blood pressure, greater risk of suicidal ideation, and even alcohol and drug use. Depression, anxiety, and fear can also increase. That is true for all age groups. This means that this year, we all – parents, teachers, caregivers, students – need to attend to our mental wellbeing more consciously than ever before.

So what can we do?

For Your Students:

- Talk about mental health in your classroom- use SEL materials or tap into other professionals in your building to begin the conversation.
- Model, label, and normalize the identification and processing of emotions.
- Listen and empathize. If a student shares something with you try leading with empathy instead of immediately giving advice.
- Pay attention, ask questions. If you notice a student is acting differently, let them know you are worried about them and ask them how they are feeling. Sometimes, if we don't ask- they won't tell.

For Ourselves:

- Monitor your own mental health- pay attention to how you are feeling. Take regular [mental health screenings](#)
- Practice [self care](#) and [mindfulness](#) daily with these monthly calendars.
- Practice self-compassion. Keep reasonable expectations for yourself and your students and give yourself grace when something doesn't go as planned.

Advocate for Awareness:

There are an average of 123 suicides each day in this country. It's the tenth leading cause of death in America – second leading for ages 25-34, and third leading for ages 15-24. In order to create awareness and strengthen the fight against suicide, the entire month of September is Suicide Prevention Month. Participate in the fight by getting involved with local organizations and listening to those who need help.

- Participate in our local Virtual Candlelight Vigil of Hope on 9/10/2020 at 6pm. Find details on the Suicide Prevention Coalition of Monroe County, MI Facebook's page.
- Share the National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741

QUESTIONS?

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

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

Call: 734-322-2724

 @MCISDMentalHlth

Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020

World Suicide Prevention Day September 10

National Recovery Month September

suicideispreventable.org

