

WELLNESS

April wellness tips from the MCISD Mental Health Team

Hello April

- A good day isn't always
- Perfect. It challenges you to
- Release your potential and
- Inspires you to appreciate the
- Little, amazing things in life

April is special for many reasons, do your part and take part in spreading awareness!

Autism Awareness
Child Abuse and
Prevention

10 keys to happier living

1. Giving: Do kind things for others
2. Relating: Connect with people
3. Exercising: Take care of your body
4. Awareness: Be present
5. Trying Out: Keep learning new things!
6. Direction: Have goals to strive for
7. Resilience: Find ways to bounce back
8. Emotions: Look for what's good
9. Acceptance: Be comfortable with you
10. Meaning: Be part of something bigger!

[Read more here!](#)

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

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