

Wellness

June wellness tips from the MCISD Mental Health Team

WHAT'S YOUR SUMMER FOCUS?



With summer quickly approaching, we know that everyone is looking forward to a break. As tantalizing as vegging out on junk food and finding your permanent seat on the couch sounds, without moderation, these activities are detrimental to our physical and mental health. So our challenge to you! This summer choose a summer focus. How will you intentionally care for your physical and mental health? Here are some tips and ideas:

- ✦ Exercise is one of the best ways to stay physically and mentally fit! Engaging in moderate exercise for at least 20-30 minutes, 3x/week, has been shown to improve self-esteem, reduce stress, increase energy levels and improve sleep.
- ✦ Our minds are dramatically healthier when eating nutritious foods. Feed the body; feed the brain.
- ✦ Drink your water! Staying hydrated helps to boost your physical performance, mood, and brainpower!
- ✦ The practice of setting daily intentions is all about making tiny shifts in perspective that can change your life. It takes your mind off problems and perceived limitations and puts your focus on something that will have a positive impact on your life. Your intention acts as your true north. It's both the direction you're facing, and simultaneously where you are headed.
- ✦ Click [HERE](#) to see what the app Woebot, your friendly self-care expert, can do for you!

FAMILY ACTIVITIES

Click [HERE](#) and [HERE](#) for creative and inexpensive ideas!

ACTIVITIES FOR YOU

Join a virtual book club!
Explore a new hobby- [HERE](#) are some ideas!

REMINDERS



- ✦ The first day of Summer is June 20th! Celebrate by flying a kite, eating ice cream, or star gazing!
- ✦ There is still time to register [HERE](#) for our FREE Youth Mental Health First Aid training on August 4th & 5th!
- ✦ The [MyStrength app](#) is FREE and available for those 13yrs and older. This summer, learn new coping strategies and develop healthy mental health practices!
Access Code: MCMHACommunity
- ✦ This will be our final monthly wellness for the '19-'20 schoolyear. We look forward to supporting you and your students in the Fall no matter the set up.

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: 734-322-2713

