

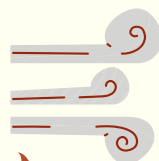
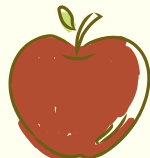


# Wellness

October mental Wellness tips from the MCISD mental health team

## Fall Mindfulness Practices

Fall is the perfect time of year to practice mindfulness. We encourage you on your trips to the orchard, pumpkin patch, evening walks, and the last few patio dinners to *really* be present. Pay attention to how the apple tastes, the sound that it makes when you bite into it. Notice the smell of the cider, the feeling of the brisk evening air, and the sound of the crunchy leaves as you step on them.

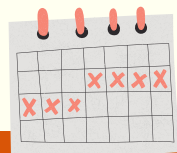


## October 10 is World Mental Health Day!

Learn more about common warning signs, disorders, and the ripple effect of mental illness by visiting NAMI.

## Optimistic October

Click [here](#) to download the calendar!



**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

Questions?



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