

NEWSLETTER

Whole School. Whole Community.

Whole Child.

#1 | January | 2023

Mental Wellness Month

The new year calls for bringing awareness to mental health challenges, breaking the stigma, and encouraging ourselves and others to seek help when ready. Check out below ways that you can be well to your mental health.



#1: Take care of your body—One way to take care of your body is by exercising! Exercise can boost one's mood and self esteem, while also providing support to your immune system. Check out these [Six Tips to Enhance Immunity](#). Endorphins are your body's natural pain killers, they help you overcome discomfort and stress! When you exercise, these chemicals are released and work together to reduce pain, discomfort, anxiety and even depression! Although exercise is one great way to take care of your body, it's also important to eat well, avoid substances, and check in with your doctor yearly. Read more tips about how to [Take Care of Your Body](#).



#2: Take breaks throughout the day—Giving 100% all day can be physically, emotionally, and mentally taxing. When a person takes small breaks throughout the day, their productivity is more likely to increase. But, it is important to note that there is a difference between an effective and non effective break. Check out this article that discusses [How to Take Effective Breaks and Be More Productive](#). Try to incorporate more breaks in your day because taking breaks can help a person handle stress and keep a healthy mind! Interested in more? [A Guide to Burnout](#)

#3: Challenge your brain — Your brain is the *smartest* organ in your body. It is important to exercise your brain, just like we do the rest of our body! Keep your brain sharp by moving around your every day objects, such as the soap in your bathroom, or the utensils in your kitchen draw. Exercising and challenging our brain can increase productivity, improve memory, and help us become more focused throughout the day. Check out these [13 Brain Exercises to Help Keep You Mentally Sharp](#) that can help promote positive and healthy brain stimulation.

#4: Spend quality time with friends and/or family—Building and maintaining healthy relationships is a helpful tactic to care for your mental wellness. Scheduling time to surround yourself with loved ones can help decrease feelings of loneliness or isolation and reduce depression, anxiety, and stress. Read more about how [A New Year's Resolution to Spend More Time with Loved Ones Could Boost Health](#).

#5: Consult a doctor or mental health professional—Everyone is unique! What works for one person might not work well for another. A professional is able to provide more wellness tips curated for you and may be resourceful when tackling your mental wellness journey. Don't know where to start? Check out the Prevention Warm Line which provides guidance to community and family members seeking access to recourses, mental health supports, and addiction services. Find your counties [Warm Line](#) here!



Self Love Month

What is Self Love? Self love is defined as *one's well-being and happiness; an appreciation for one's worth and virtue.*

January kicks off the beginning of a whole new year! What better way to ring in 2023 than appreciating yourself and investing time in caring for your physical, mental, and emotional health! Read more about how to love yourself below!



Practice Morning Self Affirmations: Start the day right with kind words and motivational phrases to help you feel more empowered as you take on a new day. Curious on how to start? Check out these [110 Positive Morning Affirmations for an Incredible Day!](#)

Pause! Often, we get lost in the non-stop hustle and bustle of life. Take a minute to sit alone, meditate, stretch, or do some yoga! It is important to remember to carve out YOU time during the day. For the month of January, [Yoga with Adriene](#) has created a 30 Day calendar filled with 20 minute yoga flows.

Have a Spa Day: Indulge in one hour of self care! Treat your self to an at home spa day filled with candles, essential oils, face masks and manicures! Check out these [51 Ideas for a Relaxing Spa Day at Home!](#)

Read about you! Feel empowered through a self help book! Self help books give you the push to not only recognize, but understand what you need to do to be a better you! [Amazon's Best Sellers](#) list is definitely one to check out! Don't love to read? That's okay! Take time to write or journal. Check out these [50 Insightful Self-Love Journal Prompts.](#)

Mindfulness: Allow yourself to be fully present and aware of your surroundings as you join in on a journey through your thoughts, feelings, and sensations: [100 Best Mindfulness Podcasts You Must Follow in 2023.](#)

"Talk to yourself like you would to someone you love" - Brené Brown

Cooking Corner

Often, we set strict New Year's Resolutions that prevent us from enjoying a little treat! These **No Bake Omega 3 Mint Brownie Energy Bites** will not only curb that sweet tooth, but are the [perfect non-guilty snack!](#)



January is all about forming new habits to achieve ultimate success throughout the new year! It's no secret that mornings can be tough. Start the day off right with **High Protein Peanut Butter Banana Overnight Oats**. This [high protein recipe](#) packed with healthy fats is a perfect breakfast for kids or adults!

Looking to meal prep? This easy meal is a perfect way to count on having a fiber filled lunch everyday! **Southwest Sweet Potato Hash** is delicious with a fork or use chips to eat it as a dip! Check out this [reel](#) on how this meal is prepared.

As always, our [School Health Team](#) is available to provide additional resources regarding school health topics. Please feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Michaela](#), for assistance. We would love to hear from you!

