



PATTONVILLE SCHOOL DISTRICT NEWSLETTER

SUPERSTAR SHOUTOUT

Send a message to a **SUPERSTAR** in the district.

Let them know they are appreciated for all they do. Postcards can be sent to anyone in the district. Your wellness captains will let you know where the postcards and boxes are located in your building.



EMOTIONAL

Mental Health Toolkit | Screening Tool | First Aid Training

This May, Pattonville School District will focus our health and wellness efforts on helping members of our community to:

- **LEARN** how modern life affects mental health with new resources to navigate our changing world.
- **ACT** by building a coping toolbox to manage stress, difficult emotions, and challenging situations.
- **ADVOCATE** to improve mental health for themselves, the ones they love, and their community.

Mental Health America created a toolkit to help individuals figure out where to start. The toolkit provides free, practical resources for addressing mental health. Visit mhanational.org/may to learn more.

If you think you may be experiencing symptoms of a mental health condition and are unsure of where to start, take a free, private mental health test at mhascreening.org to determine the next steps.

We have all heard about First Aid training for physical health care, but did you know there is Mental Health First Aid Training available in our local community?

- **Adult Mental Health First Aid (MHFA)** courses teach adult learners how to assist fellow adults, while Youth MHFA courses teach adult learners how to assist adolescents between the ages of 12 and 18.

[Take A MHFA Course](#)

MINDFULNESS

How Mindfulness Helps Our Mental Well-Being

Mindfulness has come a long way in the last 30-plus years. Mental health specialists are adding mindfulness into their daily practice to help clients and we see a growing trend in everyday folks practicing independently. Throughout the decades, clinical research has been done to give us more insight to the positive impacts mindfulness has and the part it plays in our mental health.

Chronic stress deteriorates our mental health and can lead to many other health issues. Mindfulness practices have proven to reduce the production of stress hormones, leading to calmer responses to challenging situations. Ultimately, it gives us the tools to navigate stressors with greater resilience. Regular mindfulness meditation has been associated with increased gray matter density in the parts of the brain used for emotional regulation, the Limbic System. Effective emotional regulation is vital for mental well-being. Mindfulness allows us to create a space between stimulus and response, enabling us to pause and choose our reactions consciously. Giving us a greater sense of control over our thoughts and feelings.

This positive research done on mindfulness shows us that this holistic approach is not to be ignored. Therapists and counselors are often incorporating mindfulness techniques into cognitive-behavioral therapy and other evidence-based treatments to help their clients. Not to mention, the amount of mindfulness apps that have grown in the last five years.

[Mindful Moments & Practices](#)

Everyone wants to do better. *Trust them.*

Leaders are everywhere. *Find them.*

People achieve good things every day.
Celebrate them.

Some people wish things were different.
Listen to them.

Everybody matters. *Show them.*

~ Bob Chapman & Raj Sisodia

*Everybody Matters: The Extraordinary Power of Caring
for Your People Like Family. Portfolio, October 6, 2015*

RESOURCES

PAS (Personal Assistance Services)

Personal Assistance Services (PAS) is here to support you. PAS offers PSD full and part-time employees and SSD staff the benefit of utilizing a range of services to help manage the stress and anxiety you may be experiencing in your life. This availability of services underscores our commitment to your well-being and our understanding of the importance of mental health in the workplace. (*all interactions are private and follow HIPAA regulations*).

To sign up, visit mypaseap.com/login and use the organization code "Pattonville SD." You can schedule online, call the call center, live chat, email, text, or Zoom. Contact their care center at 1-800-356-0845 to determine which family members are eligible, answer your questions, schedule, or request more resources.



[PAS All Services Flyers](#)

[PAS New Member Portal](#)

[eM Life Mindfulness Benefit](#)

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