

March 2022
Mental Health
Awareness Month

BRENTWOOD UNION FREE SCHOOL DISTRICT
WELLNESS WARRIORS NEWSLETTER



BUFSD Interact Club students created this poster for Mental Health Awareness Month with the quote, "One small positive thought in the morning can change your whole day".

FOOD FOR YOUR MOOD!



TRY ONE OF THESE HEALTHY RECIPES TO BOOST YOUR BRAIN/MENTAL HEALTH

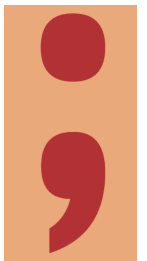
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| LENTIL & VEGETABLE STEW WITH KALE | AVOCADO TOAST |
| TURKEY BURGER WITH SWEET POTATO FRIES | YOGURT WITH NUTS |
| WHOLE WHEAT PASTA WITH CAULIFLOWER | SALMON WITH LEAFY GREENS |
| CHIA SEED PUDDING WITH DARK CHOCOLATE | STIR-FRIED KIMCHI |



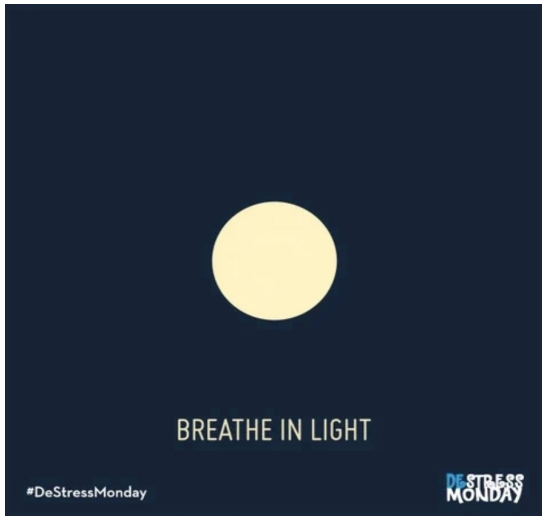
The foods you eat affect your mental health. Anti-inflammatory food components, such as Omega-3 and Vitamin E, can be protective against depression and anxiety. The foods listed above are rich in Omega-3 and Vitamin-E. Try them and pay attention to how your body and mind feel!

POSITIVE AFFIRMATIONS:

I AM STRONG
I AM SMART
I CAN DO THIS



Scan the barcode to register for the Gary Mintz 5K Memorial Scholarship Run or visit <https://events.elitefeats.com/22mintz>



Click on the "light" in the picture above to practice deep breathing. Go a step further and say positive affirmations out loud when breathing in light.

Last month, BUFSD students made this **Go Red for Women** sculpture to raise awareness for Heart Health Month!



Upcoming Events:

New Learn to Swim Program!
Elementary: grades K-5 every Saturday
Middle: grades 6-8 every Monday
Adult: parents/guardians of students grades 9-12 every Monday

Family Swim Night: Brentwood Ross HighSchool every Thursday
 Session 1: 6-7pm
 Session 2: 7:15-8:15pm

Semicolon Event: 3/16/2022

Gary Mintz 5K Memorial Scholarship Run: 3/27/22