

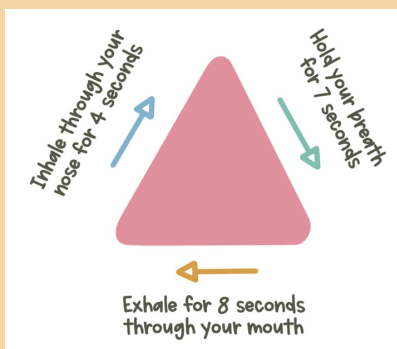
YOU MATTER YOU ARE LOVED YOU ARE NOT ALONE YOUR MENTAL HEALTH IS IMPORTANT.

Positive mental health helps students

- 1 be able to cope with the difficult times in their lives
- 2 feel a sense-of-belonging on their campus
- 3 engage in academic work productively and to reach their full potential
- 4 gain confidence and self-esteem that helps make meaningful contributions to family and to society

Ways to maintain positive mental health

4-7-8 Breathing



Getting physically active

Be screen-free with plenty of rest

Choose nutritious food

Accept and value yourself



Get involved to help others

Find time for friends and family



SELF-CARE IDEAS			
VIDEO CHAT	REST	LIMIT SOCIAL MEDIA TIME	SELF-COMPASSION
TAKE A WALK	FORGIVE	DRINK WATER	CALL A FAMILY MEMBER
BREATHE	SUPPORT A FRIEND	LAUGH	JOURNAL
SING	BE KIND	MEDITATE	STRETCH
GRATITUDE	SWEAT	WATCH A MOVIE	MAKE ART
EXPRESS YOUR FEELINGS	DANCE	GET CRAFTY	MOVE YOUR BODY
TIME ALONE	EAT YUMMY FOOD	CREATE A COZY SPACE	READ A BOOK
SET HEALTHY BOUNDARIES	BE SWEET TO YOUR QUARANTINE BUDDIES/FAMILY/PARTNER	YOGA	ASK FOR HELP
			MAKE OR LISTEN TO MUSIC

Express how you feel
Talk to a confidential adult

Wellness Counselors
Text or email

Martin Murphy Wellness Email:
mmwellness@mhusd.org

Britton Wellness Email:
brwellness@mhusd.org

Ann Sobrato Wellness Email:
sowellness@mhusd.org

Live Oak Wellness Email:
lowellness@mhusd.org

Elementary Wellness Email:
elementarywellness@mhusd.org

Get help when you need it



National Domestic Violence Hotline:
1-800-799-7233

National Suicide Crisis Hotline: 24/7
call or text 988

Santa Clara County Suicide Crisis
Hotline: 855-278-4204
Text RENEW to 741741