



## Mental Health: Let's Talk About It!

### ITS A FACT

While 1 in 5 people will experience a diagnosable mental health condition in their lives, 5 out of 5 people will go through a challenging time that affects their mental health.

It's easy to fall into negative thinking patterns and spend time bullying yourself, dwelling on the past, or worrying about the future. It's part of how we're wired.

### DID YOU KNOW...

**the human brain reacts more to negative events than to positive ones and is more likely to remember insults than praise.**

### Manage Frustration and Anger

- **Pause** before reacting
- **Change** your surroundings
- **Release** built up energy

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Learn more at  
[mhanational.org/may](https://mhanational.org/may)

Mental health is essential to everyone's overall health and well-being. There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with. Incorporating these tools may not be easy but can be achieved by gradually making small changes and building on those successes.

Join us this month as we journey through  
Mental Health America's 2021 Toolkit.



### 7 Tips for talking to a loved one about their mental health

1. Practice active listening
2. Don't compare
3. Ask what you can do
4. Keep your word
5. Don't judge
6. Offer to join them
7. Know when more serious help is needed

**Simple suggestions for starting a conversation:**

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### Looking for the Good

Changing the way we see negative situations, reframing common negative thoughts, and practicing gratitude have been shown to **reduce sadness and anxiety.**

**Different ways of rethinking situations or thoughts:**

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**Mindfulness  
Family  
Activity Guide**

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**\*REMEMBER\*** every school has mental professionals who are happy to provide support, connection, information, and resources.

[Find your school's info here](#)

[Jeffco Public Schools Mental Health and Wellness Hub](#)