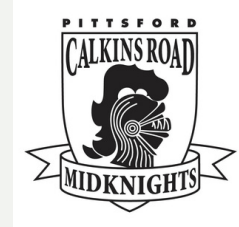
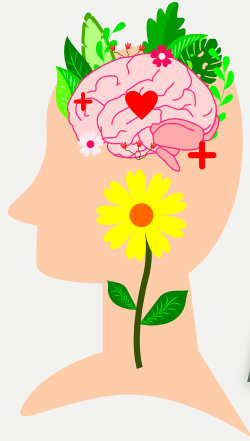


If you have any feedback, or any topics you'd like to learn more about in this newsletter, please reach out via email.

margaret_craig@pittsford.monroe.edu



DID YOU KNOW? MAY IS MENTAL HEALTH AWARENESS MONTH!

Here are a few articles and videos you might find helpful this month:

This article offers 5 things to keep in mind when supporting teens who are dealing with depression.

This article outlines a program called SPACE which focuses on parent intervention for students with anxiety.

How do you raise resilient kids?



We know that students' mental health can play a significant role in their school experience -- students who feel healthy, happy, and mentally well are able to be more available for learning each day in school.

At Barker and Calkins, we strive to support students' mental health in various ways as counseling departments and broader school community. We hope that students will learn important self-awareness and self-reflection skills so that they are empowered to check in on their mental health, take good care of themselves, and ask for help when they need it!

5 quick ways to take a break:

1. call a friend
2. use one of the mindful breathing exercises on the left
3. take a 10 minute walk outside
4. do a brain dump (write down everything you're thinking about)
5. name 3 specific things you are grateful for today



Check out these posters from BRMS Health students all about mindful breathing techniques!