



The Stall Street Journal

of Oak Park and River Forest High School

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Take the Positivity Pledge

May is Mental Health Awareness Month! Take the Erika's Lighthouse Positivity Pledge and commit to a month-long challenge to focus on **positive actions, helping others, self-care, and establishing good habits for positive mental health.**

May is mental health awareness month

Take the Positivity Pledge

	#Share Sunday	#MentalHealth Monday	#SelfCare Tuesday	#Winning Wednesday	#SelfCare Thursday	#FamilyFriends Friday	#SelfCare Saturday
Nutrition & Well-Being	Erika's Lighthouse Erikas.lighthouse	Erikas_LH Erika's Lighthouse		1 Learn about the connection between nutrition and mental health. Share it.	2 Find a relaxing activity and focus on me-time.	3 Prepare a healthy meal for your family/friends.	4 Find a healthy stress reliever.
Gratitude	5 Share your progress!	6 Identify your trusted friends, family, adults.	7 Make a list of who/what you are grateful for.	8 Show your gratitude.	9 Make a list of traits you love about yourself.	10 Make a connection.	11 Make a list of the traits you love about someone else.
Exercise	12 Remind folks about your pledge!	13 Learn about the connection between exercise and mental health. Share it.	14 Exercise!	15 Move and do good.	16 Exercise!	17 Play a game.	18 Exercise!
Mindfulness	19 Send out positive messages.	20 Learn about other's mental health.	21 Find a relaxing activity.	22 Perform kindness.	23 Self-Reflect.	24 Reach out to someone in need.	25 Meditate and chill.
Reflection	26 Share a recap of the pledge.	27 Take time to reflect on your journey and how you can make changes in the future.	28 You did a great job. Relax & take some time for yourself.	29 Write down 3 things you found helpful from this pledge.	30 Make a list of the activities that you enjoy doing.	31 Post and share with family and friends about you taking the Pledge on social media.	



Scan here to check out **daily mental health tips and resources** for the whole month from Erika's Lighthouse!



What's All The Buzz About?



Enjoy these insect jokes in honor of the upcoming cicadapocalypse!
You're *gnat* going to *bee* alone in loving these bug puns!

How do cicadas know to wake up every 17 years?

They have cicadian rhythms.

What do you call a well-dressed ant?

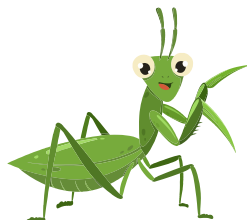
Eleg-ant.

Why wasn't the butterfly invited to the dance?

Because it was a moth ball.

What do you call a cheerful flea?

A hop-timist.



What do you call an insect that is good at everything?

A slaying mantis.

What does a chatty caterpillar become? A social butterfly.



What do fireflies eat between meals?

Light snacks.



What do you call a 100 year old ant? Antique.

