

May 2024

Social Emotional Wellness

CREATED BY: HEBISD'S CRISIS INTERVENTION & PREVENTION TEAM

THE TEAM

The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking [HERE](#)

May is Mental Health Month

We live in a rapidly changing world that can be complex to navigate. About half of Americans can remember a time when we were not constantly connected and it was easier to tune out the noise of the world, while the younger half of the population can't imagine life without the internet.

Modern life can have a significant impact on mental health — for better or for worse. The disturbing imagery in the media we are exposed to today can be deeply unsettling. At the same time, our current technology also allows us to mobilize and provide collective support more efficiently in times of natural disasters or injustice.

And ironically, while our devices make us more connected than ever, loneliness is an increasingly serious public health concern. We are now able to have conversations with friends and family on the other side of the world in real time. However, constant connection also means that we will know if we weren't invited to a friend's party down the street. Recent survey data show that more than half of U.S. adults (58%) are lonely.

Finding a sense of calm and focusing on well-being when you are having mental health concerns can be daunting in our fast-paced society. It can be especially challenging to know where to start.

May is Mental Health Month and HEBISD is raising awareness of the important role mental health plays in our lives. We are encouraging members of the community to take action toward protecting their mental health and overall well-being.



→ WHERE TO START ←

Monday

Make a list of 5 things you're grateful for today. 

→ WHERE TO START ←

Tuesday

Practice positive affirmations.



→ WHERE TO START ←

Wednesday

Start a conversation about mental health.



→ WHERE TO START ←

Thursday

Stay hydrated!



→ WHERE TO START ←

Friday

Take a break from screens (phone, computer, etc).



4 THINGS LIKELY AFFECTING YOUR MENTAL HEALTH, AND THINGS YOU CAN DO ABOUT IT

By Mental Health America

Relationships or the pressures of performing at work or school are things we all know can have an impact on mental health, but sometimes it's less obvious when the world around you is what's causing problems. Whether you realize it or not, one or maybe all of these four things are probably affecting your mental health in some way right now.

1. Current Events - Violent events impact people across the world. Maybe you have family in a conflict zone, are worried about increases in identity-based hate, or have no personal ties to a particular news event but are constantly seeing graphic images online
2. Loneliness - Recent survey data show that more than half of U.S. adults (58%) are lonely, with those who are low income, young adults, parents, part of an underrepresented racial group, or living with a mental health condition experiencing even higher rates of loneliness.
3. Technology - Having the internet at your fingertips can be a fantastic thing – you can learn, connect with healthcare providers, keep in touch with friends and family – but it isn't without its downfalls.
4. Social Drivers - Social drivers (also called social determinants) of health are the conditions in which you live, work, learn, and play.

So, what can you do?

1. Find your support system
2. Set tech limits/boundaries for yourself and your children
3. Change what you can
4. Find healthy coping skills for dealing with difficult emotions
5. Get active
6. Join an affinity group (communities of people who share a common identity)
7. Be mindful of your sources
8. Enhance optimism

COPING TOOLS

Coloring Pages

Dealing with tough situations

Looking for good

Where to go decision map

Processing Trauma & Stress

Social confidence & Connections

MENTAL HEALTH SCREENING

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

✦ COPING TIPS ✦

Create something.



Explore free Mental Health Month resources and learn more at mhanational.org/may.

✦ COPING TIPS ✦

Try a guided meditation.



Explore free Mental Health Month resources and learn more at mhanational.org/may.

✦ COPING TIPS ✦

Text or call a friend.



Explore free Mental Health Month resources and learn more at mhanational.org/may.

✦ COPING TIPS ✦

Make a list of your strengths.



Explore free Mental Health Month resources and learn more at mhanational.org/may.