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Spring Branch ISD Celebrates Mental Health Awareness Month

Since 1949, May has been recognized as Mental Health Awareness Month, a time to raise awareness, reduce stigma, and encourage conversations around mental health and wellness. In Spring Branch ISD, we believe that mental health is just as important as physical health for students, staff, and families. Spring Branch ISD will highlight Mental Health Awareness from May 12-18, 2025. The theme for 2025 is 'Community', and we want to use Mental Health Awareness Week to celebrate the power and importance of community. Being part of a safe, positive community is vital for our mental health and well-being.

Celebrate Mental Health Awareness Month With Us!

Mindfulness Monday

Start your week with calmness. Join us for breathing exercises and centering practices to help ground your mind and body.

Talk-it-Out Tuesday

Open up and connect. Encourage open conversations about emotions or checking in with a friend.

Wellness Wednesday

It's time for a challenge! Participate in weekly wellness challenges for staff and students.

Thankful Thursday

Practice gratitude. Take a moment to reflect and share something you're thankful for.

Feel Good Friday

End your week with joy. Share a memory, photo, or moment that made you smile!

Mental Health Facts to Know

1 in 5 adults and youth in the U.S. experience a mental health condition each year.

Early support can lead to better outcomes; mental health challenges are treatable!

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act.

Welcome to Total You: Supporting the Whole You

As we head into the final stretch of the school year, we're turning the spotlight on YOU; your well-being, balance, and mental health. If you are a student, staff member, or parent, this season may feel like a whirlwind. That's why we're dedicating this month's newsletter to a holistic focus on self-care, work-life balance, and family wellness.

Together, let's take care of our total selves; mind, body, and spirit.

Family Self-Care: Tips for Supporting Mental Health at Home

Family stress is real. When one person is struggling, the whole house feels it. Families are the heartbeat of student success. Prioritize your household's mental health together.

Here are a few simple, meaningful ways your family can support each other's mental wellness:

Talk openly: Make space for daily check-ins. Ask questions like, "How was your heart today?" or "What was the best part of your day?" Practice "name it to tame it" and give feelings a name to start healthy conversations. Try the Rose and Thorn activity each evening (share one good thing and one hard thing from the day).

Get outside: Go for a family walk, picnic at the park or the backyard, or a family art night. Being in nature will boost your mood and reduce stress.

Practice mindfulness: Try deep breathing or a short guided meditation as a family, even 5 minutes can make a big difference.

Unplug together: Have a screen-free hour every evening to play games, read books, or cook together. Try "Tech-Free Tuesdays" – one night a week of family connection.

Plan time: Create a shared family calendar to reduce stress.

Prioritize sleep: Consistent sleep routines help everyone feel their best emotionally and physically.

Let's Keep the Conversation Going!

This month, take a moment each day to check in with yourself and your loved ones. Together, we can grow a culture of empathy, resilience, and support across our SBISD community.

Self-Care: The Foundation of Wellness

Self-care isn't selfish, it's essential! From breathing exercises to brain breaks, here are a few suggestions:

- Students: Try the 5-4-3-2-1 grounding exercise during tests or transitions. *(The 5-4-3-2-1 grounding technique is a sensory-based exercise that helps individuals reconnect with the present moment and manage anxiety. It involves identifying five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste.)*
- Staff: Block 10 minutes each day for something just for you; stretch, read, and breathe.
- Parents: Practice saying "no" to extra obligations that drain you.

✦ Try This: Start a "Feel-Good Folder"— collect notes, photos, and great memories that remind you of your impact.

Students: Avoiding the End-of-Year Mental Checkout

As summer approaches, it's normal for students to feel burned out or disconnected. Help them stay grounded by:

- Setting mini-goals for each week
- Showing up no matter what: Attending school daily counts as a win!
- Being aware of how you are feeling mentally and physically; self-awareness
- Seeking help from a parent, friend, or a trusted adult if you need support



I'M TAKING PART
IN
WEAR it GREEN DAY
#WearItGreen

THIS MENTALHEALTH AWARENESS WEEK
12-18 MAY 2025

In aid of
MENTAL HEALTH FOUNDATION

Join us for **Wear It Green Day on Thursday, May 15, 2025** during Mental Health Awareness Week (May 12-18) and let's turn Spring Branch ISD green for good mental health!



Parent Corner: Your Mental Health Matters Too!

As partners in your child's education and well-being, it's important to remember: your mental health matters just as much as theirs.

Balancing work, home responsibilities, and supporting your student; with homework, activities, or emotional support, can be rewarding and exhausting. Many parents silently carry stress while trying to "do it all."

Common Challenges Parents Face:

- **Work-Life balance:** Juggling job expectations while attending school events, helping with homework, and managing household needs can be difficult.
- **Academic pressure:** Feeling responsible for a child's academic success can cause stress, especially with evolving curriculum demands.
- **Emotional burnout:** Constantly supporting others can leave little energy for your own self-care.
- **Technology overload:** Managing screen time, social media, and digital learning while staying present yourself can be mentally draining.

Tips to Support Parents' Mental Wellness:

- **Set boundaries:** It's okay to say "no" or reschedule when you feel overwhelmed. Healthy boundaries prevent burnout.
- **Take small breaks daily:** You can't pour from an empty cup! Even short breaks—a walk, coffee break, or a few deep breaths can help reset your mind. Even 10 minutes of quiet time or listening to music can reset your mind.
- **Connect with other parents or reach out for support:** You're not alone. Sharing experiences helps ease stress and can offer fresh perspectives. Sometimes just talking to someone who gets it can make all the difference. Reach out to a friend or even connect through online forums. Don't hesitate to talk to a counselor, support group, or your child's campus family engagement team if you need extra help.
- **Celebrate progress, not perfection:** Every step you take in supporting your child and yourself matters. Didn't yell today? Everyone made it to school mostly on time? Those count. Recognize progress, not just perfection. Modeling healthy coping skills allows your child to see you manage stress in healthy ways. It teaches them by example.

REMINDER

Remember to take time out for you!

A happier, healthier you helps build a stronger, more supported family.

Helping Your Child Beat End-of-Year Burnout

As the school year winds down, many students and parents feel the pressure of final exams, projects, and the anticipation of summer break. It's common for kids to experience end-of-year burnout, where motivation decreases and emotions run high. With a little support, families can finish strong and encounter less stress.

Signs of Burnout in Children:

- Feeling tired or overwhelmed
- Changes in sleep or eating habits
- Trouble concentrating
- Mood swings or irritability
- Saying things like, "I just want it to be over!"

Tips to Support Your Child:

Help them prioritize

Sit down together and break tasks into manageable chunks. A visual checklist or calendar can make deadlines feel less intimidating.

Build in breaks

Encourage short mental health breaks — a walk, stretch, snack, or even a laugh can help recharge their focus.

Validate their feelings

Let them know it's okay to feel tired or overwhelmed. A simple "You're doing great, and I'm proud of your effort" can go a long way.

Celebrate small wins

Finish a homework assignment? Big test done? Celebrate it! Acknowledge the effort, not just the outcome.

Keep a healthy routine

Healthy habits like consistent sleep, balanced meals, and screen-free downtime help maintain energy and reduce anxiety.



Let's talk about it.

Mental health matters every day, not just in May. If you or someone you know is struggling, reach out. Our School Counselors and mental health professionals are here to help.

Need Support?

Contact your child's school counselor or call 988 for confidential 24/7 support.
springbranchisd.com/mentalhealth

HEALTHY U VIRTUAL CONFERENCE

Did you miss our Healthy U virtual conference?

Scan this QR code for a playlist of the recorded sessions that took place.



Citations

Source: National Alliance on Mental Illness (<https://www.nami.org/>)
Source: The National Council (<https://www.thenationalcouncil.org/>)
Source: Mental Health of America (<https://mhanational.org/>)