

# What is Mental Health Awareness Month?

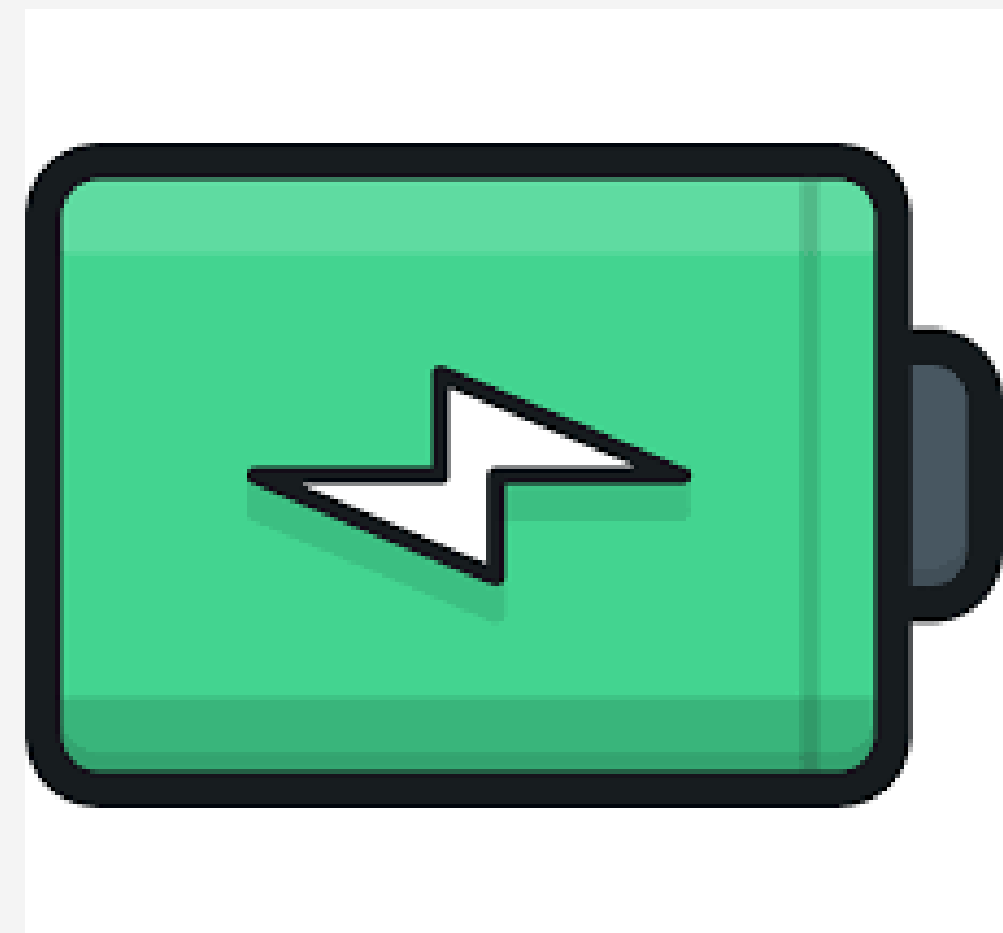
Mental Health Awareness Month is celebrated in May as a reminder that mental health is important and that those living with mental health issues are deserving of care and support! Did you know that the green ribbon is the international symbol for mental health awareness?

## How to Improve your Mental Health

### Recharge Your Battery

By practicing healthy activities in our lives, we give our minds and bodies the break they need to recharge - just like a battery! Each day, try your best to:

- Get enough sleep
- Eat healthy foods and stay hydrated
- Move your body
- Connect with other people



### Check-In

It's always a good idea to let caring friends, family, or a trusting adult know how we're doing. Talking to others about our feelings can be difficult at times - it takes courage. Sharing our feelings with someone we trust is one-step toward feeling better!

### Staff & Parents

As part of California's ongoing mental health movement, the Take Action for Mental Health campaign is designed to help you check in, learn more, and get support for your own mental health or the mental health of someone you care about. For more mental health resources, feel free to check out:

- [takeaction4MH.com](http://takeaction4MH.com)
- [nami.org](http://nami.org)
- [suicideispreventable.org](http://suicideispreventable.org)



### Mental Health Scavenger Hunt

We all need to take a break sometimes! Try a Scavenger Hunt to help you refocus and bring yourself back into the moment. Focus your mind on the sights, sounds, and smells around you as you walk around school. What does the sky look like today? Do you feel a breeze? What can you smell in the air?



### References:

<https://takeaction4mh.com/>

