

### Mental Health Awareness Week (May 18<sup>th</sup> – 22<sup>nd</sup>)

Join us as we kickoff “ Mental Health Awareness Week” beginning Monday, April 18<sup>th</sup> – Friday, April 22<sup>nd</sup>. Check out our webinar series that focuses on creating balance, trauma informed practices and positive mindset. We’ve also listed a few activities that help students and families understand the importance of mental health and resources for help.

Additional resources can be found on our website: [HISD SEL Department](#).

Weekly Webinars	Date / Time	Link
Mindful Mondays: Guided meditation to bring comfort to our heart (English)	Monday, May 18 <sup>th</sup>	<a href="#">Click here</a>
Mindful Mondays: Guided meditation to bring comfort to our heart (Spanish) Meditación guiada para darle confort a nuestro corazón	Monday, May 18 <sup>th</sup>	<a href="#">Click here</a>
SEL Mindful Monday: Balancing Life, Family & Work during COVID19 (English)	Monday, May 18 <sup>th</sup> 10 am	<a href="#">Click here</a>
SEL Mindful Monday: Balancing Life, Family & Work during COVID19 (Spanish)	Monday, May 18 <sup>th</sup> 11 am	<a href="#">Click here</a>
Trauma Informed Practices (English)	Wednesday, May 20 <sup>th</sup> 2pm	<a href="#">Click here</a>
Trauma Informed Practices (Spanish)	Wednesday, May 20 <sup>th</sup> 3 pm	<a href="#">Click here</a>

#### Monday, May 18<sup>th</sup>

##### Music & Mental Health Awareness

Music and feelings are connected. Music activities help mental stimulation and it’s also helpful for uplifting the spirits of individuals who have suffered from depression or unable to effectively communicate their emotions. Select your favorite song and reflect how it uplift your spirits.

#### Tuesday, May 19<sup>th</sup>

##### Download Free Mindfulness Apps

Download free mindfulness apps such as Simple Habit, Calm and Headspace (these can be found on Google play or the App store). Listening to certain calming sounds can help you pay attention to your physical sensations and sensory perceptions. This helps with understanding how to recognize your thoughts and feelings and manage stress better, have fewer episodes of depression and lower anxiety.

#### Wednesday, May 20<sup>th</sup>

##### Walk it out Wednesday

Get out and walk for mental health. Post pictures/video on twitter using the hashtag **#BeKindToYourMind**

#### Thursday, May 21<sup>st</sup>

##### Art & Mental Health Awareness

Draw/paint a picture one what mental health means to you.

#### Friday, May 22<sup>nd</sup>

##### Game Time!

Take the time to participate in a fun and enjoyable game with family and friends. This can be a favorite board game (Monopoly, UNO, or Life) or an outdoor game (dodgeball, hide and go seek, or freeze tag) Participating in enjoyable activities with others is an alternative to mental health concerns such as anxiety and depression.