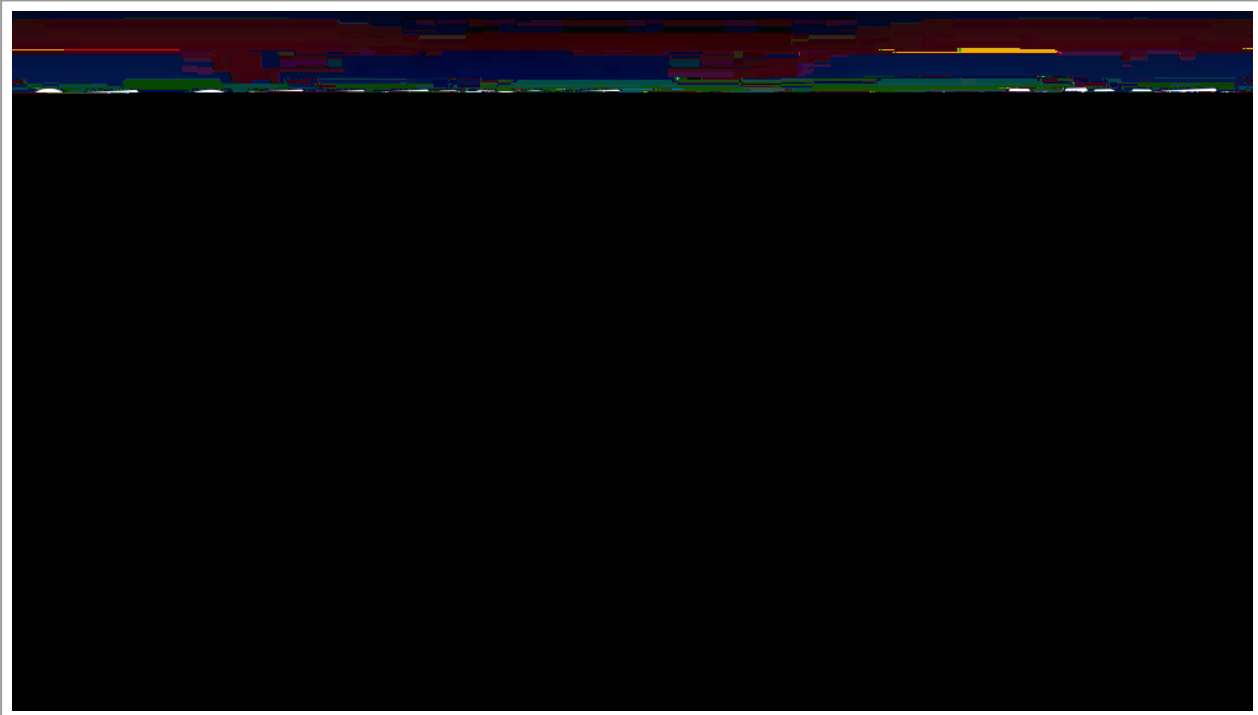


Wellness Wednesday

March 2, 2022



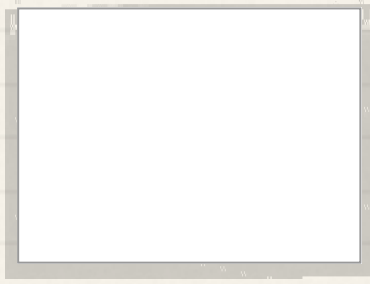
This week for Wellness Wednesday, we will explore the important role our Teachers play in supporting us

Line of Defense



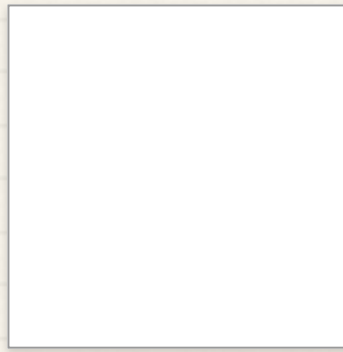
Statistics

Teachers 10



Encourage students to keep a journal

The journal can include pictures, writings, poems, and tasks they want to accomplish. As they see themselves achieving, it will foster resilience.



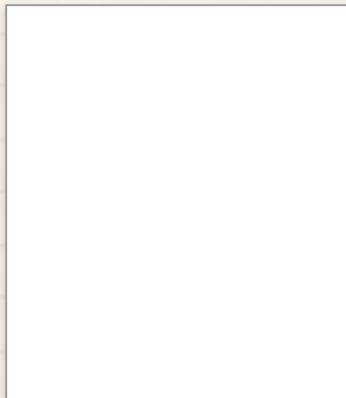
Smell the roses

Encourage your students to identify something in the day that brought them joy. Although life is difficult, there is still something positive we can point out.



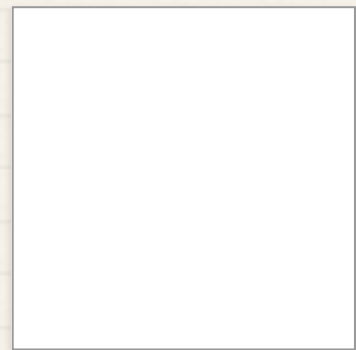
Teach students how to rate their moods

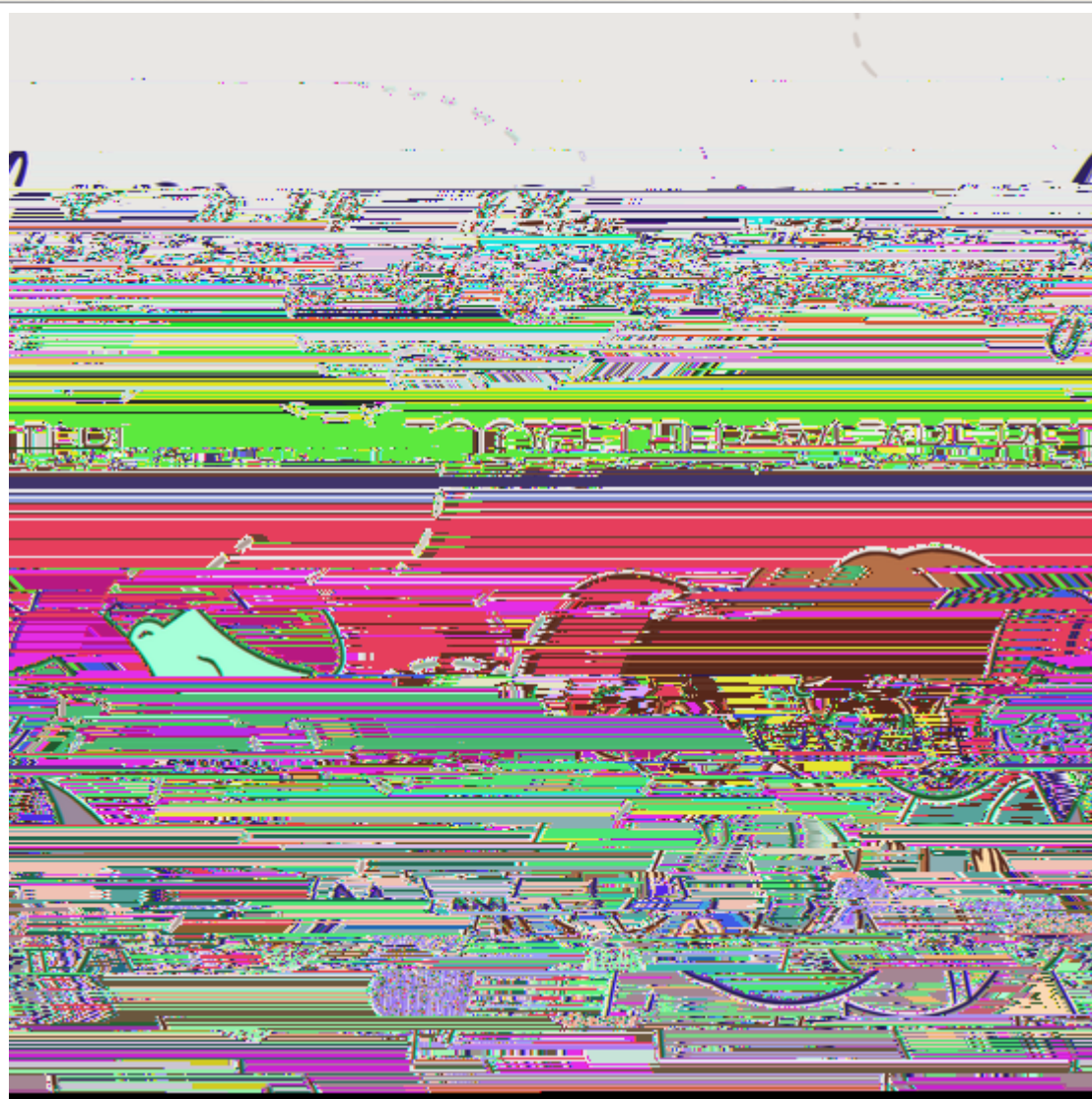
Normalize fear, worry, frustration. Start your class lessons with having your students share a GIF of their mood. We are in the age of technology!



Help them picture a circle of control

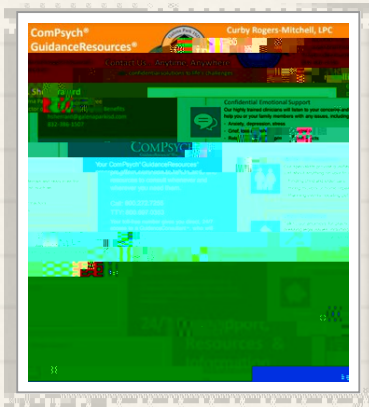
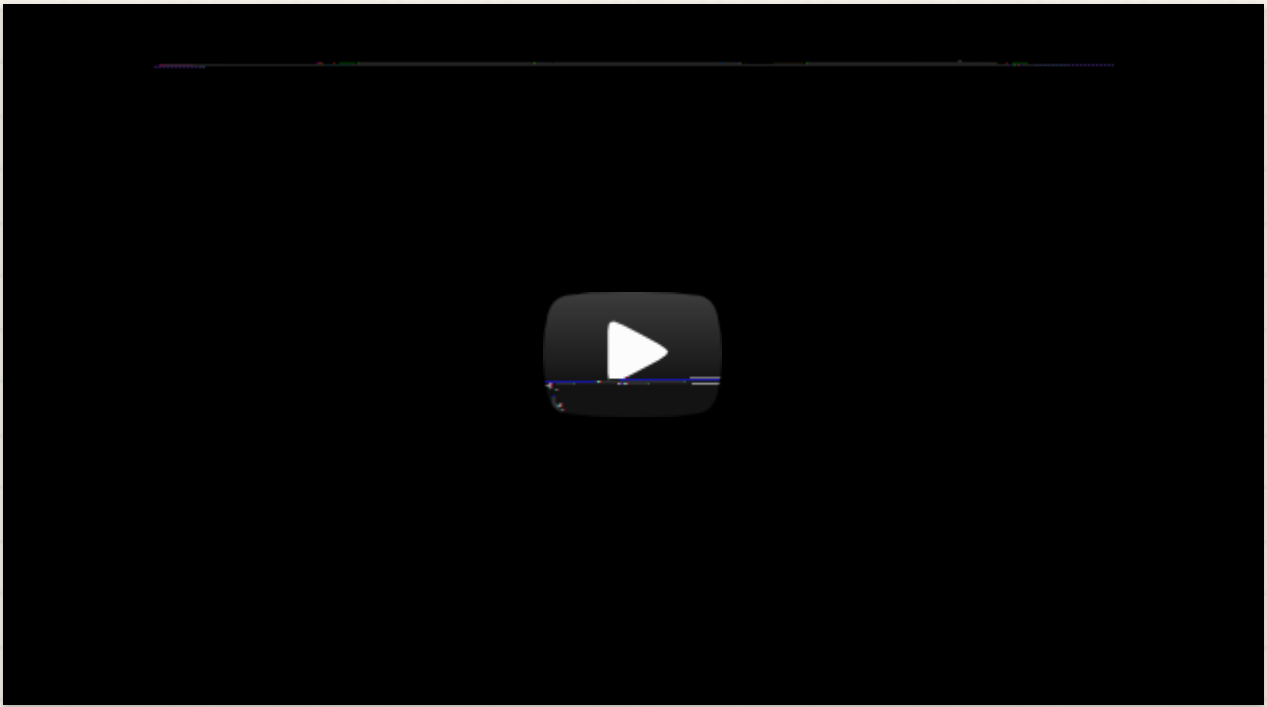
There are some things in your student's life that they do have control over.



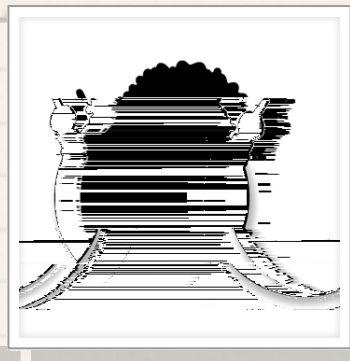


There is often a stigma associated with mental health. Every time we can have open discussions about mental health or provide resources we are a part of dismantling the stigma. Let's normalize not being okay, but getting the support needed to \hat{A} \pm

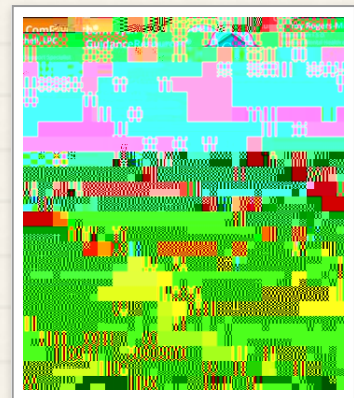
EMPLOYEE ASSISTANCE PROGRAM



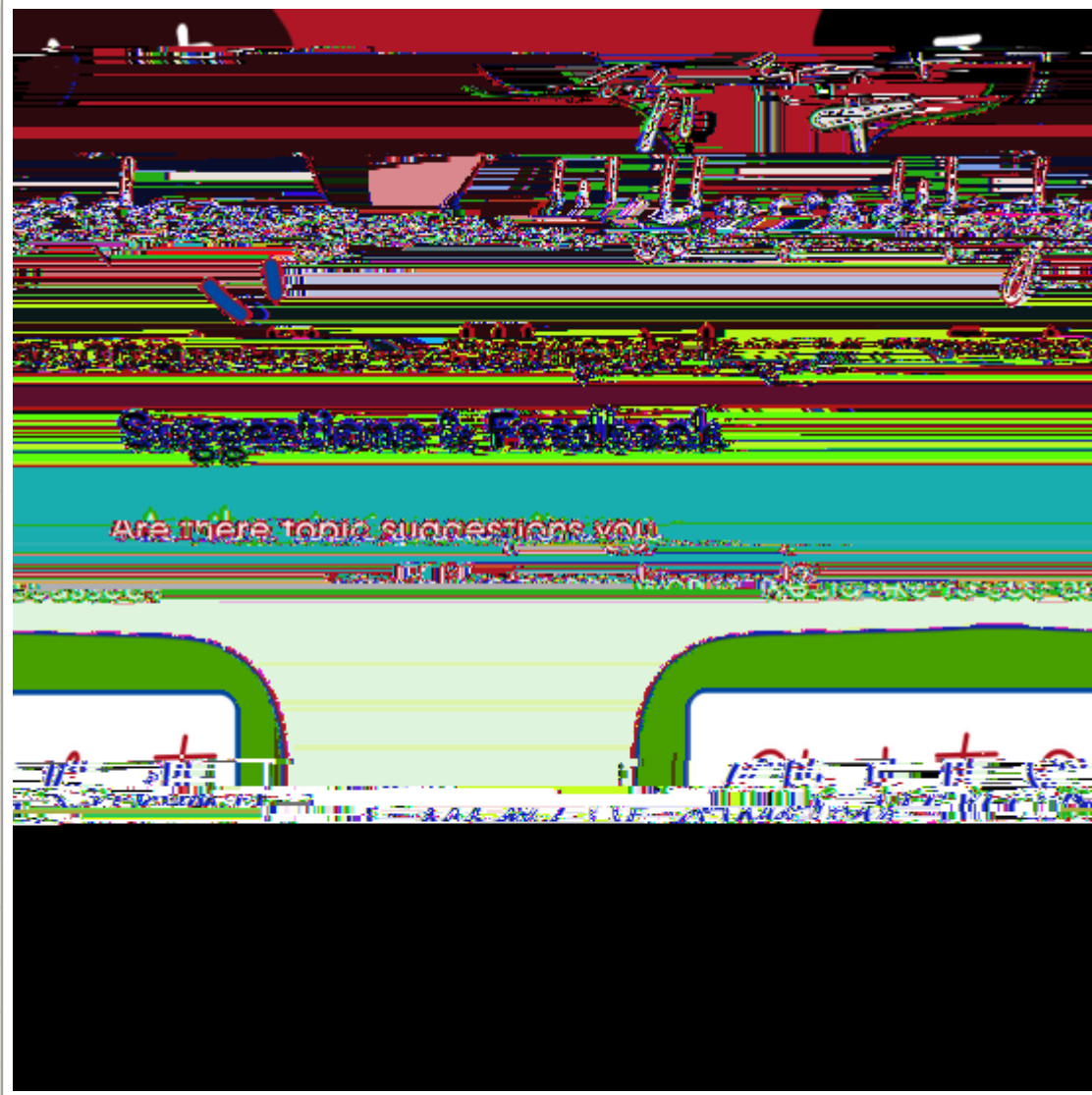
EAP ENGLISH
FLYER



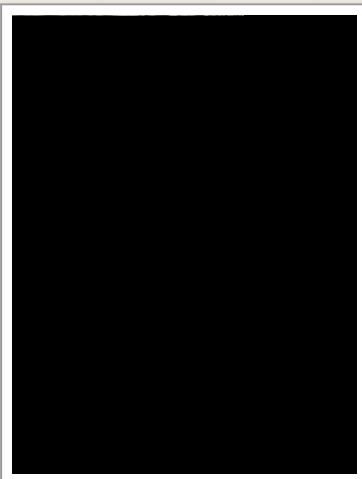
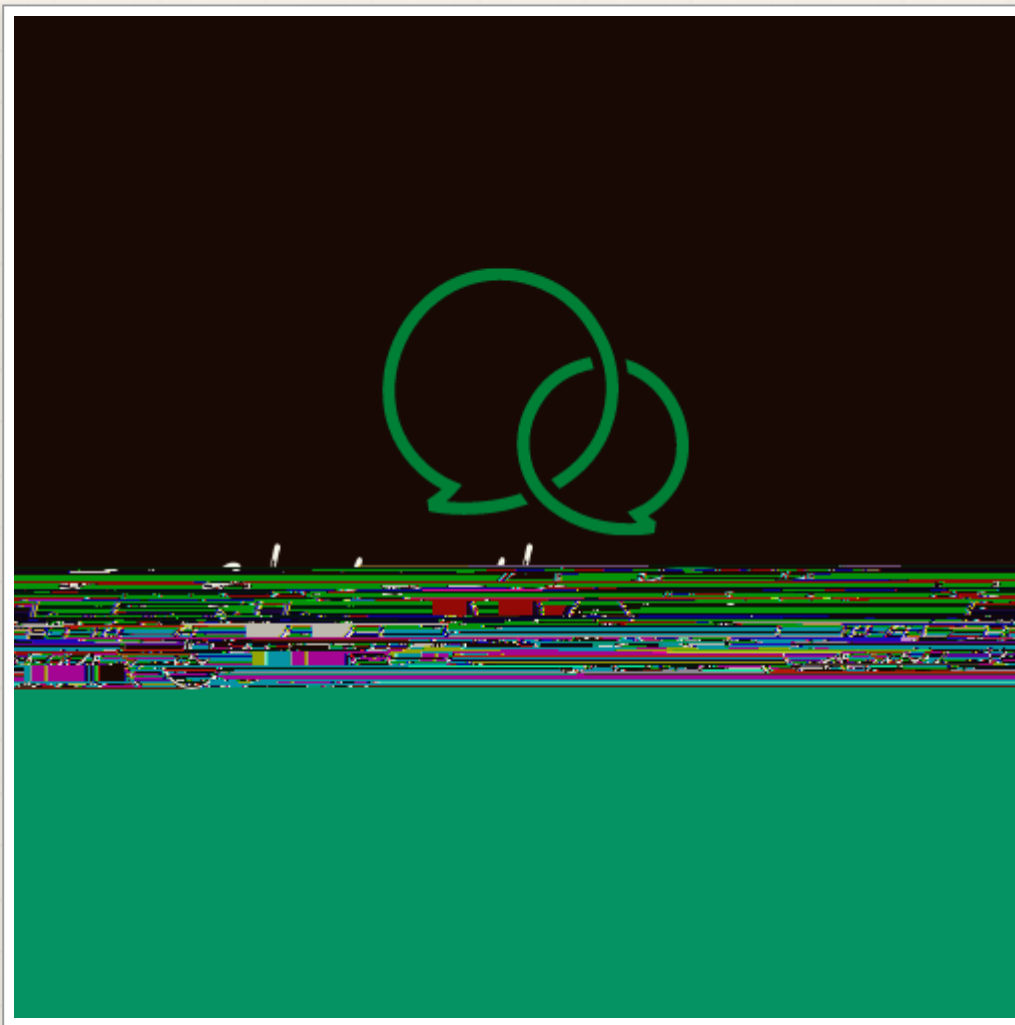
CHECK THESE
OUT!



EAP SPANISH
FLYER



CLICK TO SUBMIT

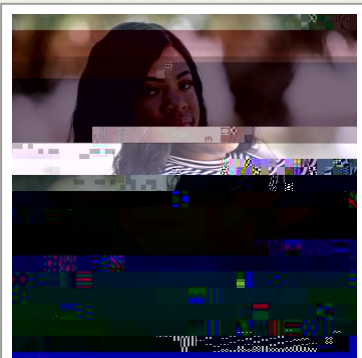


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