



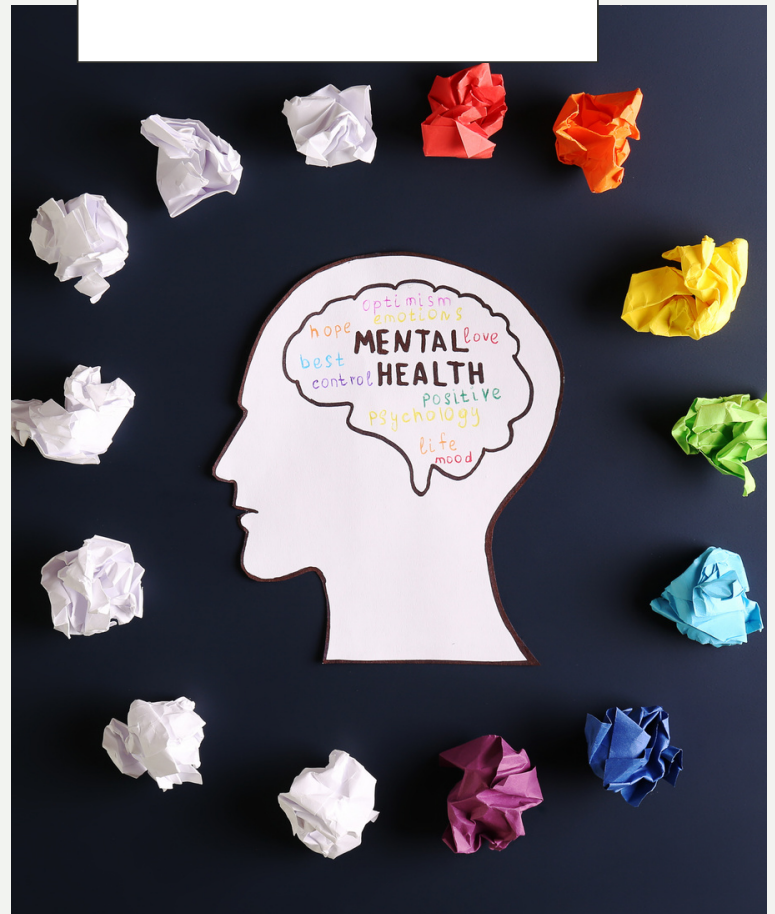
# SAUSD Celebrates a Healthy Mind and Body

#SAUSDWELLNESS4ALL #SAUSDWECARE  
#SAUSD4HEALTHYMINDS

During Mental Health Awareness Month, we come together in SAUSD as a community to celebrate the power of our minds and bodies. We are focusing particular attention on understanding and developing practices that support health and wellbeing. We do this through increasing our knowledge of mental health, sharing of resources, and providing ways for the community to engage in dialogue that promotes a shared experience of mental health. Join us and get involved in the movement!



## MENTAL HEALTH MATTERS



## What is Mental Health?

Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Mental health deserves your attention just as much as your physical health does.

# Mental Health Awareness

## WHY DOES MENTAL HEALTH MATTER?



Mental health is important for all of us. Taking care of yourself is critical to prevent your mental health from worsening – factors like nutrition, gut health, stress, sleep, relationships, trauma, and more can contribute to poor mental health. If you are in a healthy place with your mental health, it is a great time to practice coping skills which help you deal with hard feelings. If you practice coping skills now it will better prepare you to handle the tough times when they happen.

## How do I know if I need support for my mental health?

Think about your physical health. We all have days where we feel a bit sore, have a headache, or are extra tired. That doesn't necessarily mean you're sick. You're sick when something suddenly and significantly changes for the worse or prevents you from functioning. Mental health is similar in that the occasional bad day is to be expected, but when things that used to be easy become a lot more difficult, something's going on. Instead of focusing on physical symptoms, you'll want to look at your thoughts, feelings, and behaviors.





## Understanding the Spectrum of Mental Health



### What is mental health?

Our mental health includes our emotional, psychological, and social well-being. It affects how we feel, how we see ourselves, how we handle stress, how we make choices, and how we relate to others. It has a powerful influence on our quality of life.

Good mental health means more than not having a mental illness. A person can have poor mental health and still not have a mental illness. And just because someone doesn't have a mental illness doesn't mean they have good mental health.

### What is the connection between mental health and physical health?

Mental health and physical health are equally important and closely related. For example, exercise can improve both physical and mental health, and good mental health can help prevent and manage diseases such as diabetes, heart disease, and stroke.

We all have good days and bad days. When we wake up feeling sick, we know what to do. We adjust our plans so we can rest. We may even visit our doctor. But when we feel mentally unwell, we may not know what to do and may be less likely to act. Mental health problems are no less serious than physical health problems. **Just as with physical health, it is important to strengthen and support our mental health before there is a serious problem.**

### What is the spectrum of mental health?

Imagine a spectrum running from mental wellness to mental suffering. Everyone falls somewhere on the spectrum, and where we fall can change over time, depending on many factors.



Get More Resources at: [takeaction4mh.com](https://takeaction4mh.com)

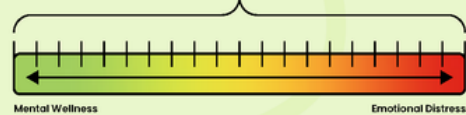
## WHAT TO DO IF I NEED HELP?

When living with a mental health condition or facing a mental health concern, it's common to feel like no one understands what you're going through. But many people overcome the mental health challenges they face. You aren't alone – help is out there, and recovery is possible.

Reach out to a family member, friend, teacher, counselor, nurse, staff member or doctor to let them know you need support



### Mental Health Continuum



**Green:** The green zone is a state of mental wellness. Being in this zone doesn't mean being completely free from stress or worry. It means coping fairly well with the normal stresses and worries of life. A person in the green zone functions normally in terms of sleep, appetite and nutrition, physical activity, work patterns, and personal relationships.

**In the green zone, you can maintain good mental health by taking care of yourself and connecting with others.**

**Yellow:** Being in the yellow zone means being in an unsettled state of mind. A person may worry more or have more negative thoughts than usual. Their eating and sleeping habits may change, and they may have trouble focusing on work or other tasks.

**In the yellow zone, you should act to restore your mental health by practicing self-care and connecting with family and friends. You may also want to think about talking to a professional.**

**Orange:** Being in the orange zone means having a hard time coping with daily life. In this zone, a person may have trouble concentrating, may feel exhausted, and may experience moods so low that it seems hard to do anything well. They may sleep poorly or lose their appetite. Their work and personal relationships may suffer as a result.

**In the orange zone, you should take immediate action by seeking professional help. Call a crisis line to talk with a trained counselor. Ask for support from family and friends.**

**Red:** The red zone is the crisis zone. In this zone, a person experiences severe anxiety, depression, or suffering so intense that it becomes difficult to get through the day. They may struggle to eat, sleep, or practice basic hygiene. A person may experience so much emotional pain that it leads to thoughts of suicide or self-harm. The warning signs for suicide include sudden changes in mood, uncontrolled anger, reckless behavior, severe anxiety or agitation, feeling desperate or trapped, and having no sense of purpose.

**In the red zone, you are in a state of emergency and need to get help now. Call the National Suicide Prevention Lifeline at 1-800-273-8255 to talk with a trained counselor. Seek help from a mental health professional, doctor, counselor, or clergy member. Reach out to connect with family and friends—let them know you are in crisis and ask for their support. Take time right away to prioritize getting the help you need.**

Determining where you or someone you care about falls on the mental health spectrum can help you to catch problems early and take action to prevent things from getting worse.

Get More Resources at: [takeaction4mh.com](https://takeaction4mh.com)



Source: Mental Health America-  
<https://mhanational.org/>

# Now What?

## HOW DO I TALK ABOUT MENTAL HEALTH WITH OTHERS?

There is no right or wrong way to talk about mental health. Acknowledging that you need support is a great step in the right direction. Here are a few ideas to help you get started in sharing your mental health needs with someone else.

Source: <https://childmind.org/article/talk-mental-health-issues/>

- Determine who is the right person. Friends can be a great support and it can be helpful to have trustworthy people to share with. However, you might need a little more help than friends can offer. Consider talking to a safe and trusted adult who can direct you to the right resources.
- Give the person a heads up that you want to talk about something important so that they can set aside time to be available.
- Go at your own pace. Share what you feel comfortable and in a way that feels safe to you.
- Don't downplay or minimize your experience. It is important that the person you are sharing with knows how you are feeling and the level of support you need.
- If the person is not responsive or doesn't get help. Don't give up. Talk with someone else so that you can get the support you need and deserve.

## We All Have Mental Health





# Test Your Knowledge

## MENTAL HEALTH QUIZ TRUE OR FALSE



Source: CDC <https://www.cdc.gov/mentalhealth/quiz/index.htm>



Poor Mental Health  
Increases your risk  
for long-lasting  
(chronic) physical  
conditions.



Mental Illnesses are  
not very common.

Suicide is the 40th  
leading cause of  
death among people  
ages 15-34 in the  
United States.

Mental Illness can be  
treated.

Mental Health is only  
important for some  
people.

If you know someone  
with poor mental  
health, you can help  
by ignoring them and  
telling them they will  
feel better soon.

Mental Illness is  
caused by personal  
weakness.

Half of all mental  
illness occurs before a  
person turns 14 years  
old, and three-  
quarters of mental  
illness begin before  
age 24.

## MENTAL HEALTH QUIZ ANSWERS



Source: CDC <https://www.cdc.gov/mentalhealth/quiz/index.htm>



True



False- About 1 in 5  
American adults and  
1 in 5 children will  
experience a mental  
illness at some point  
in their lives.

False- Suicide is the  
2nd leading cause of  
death among people  
ages 15-34 in the  
United States.

True- Mental illness  
can be treated.  
Research shows that  
people with mental  
illness can get better  
and many recover  
completely.

False- Mental health  
is an important part  
of overall health and  
well-being.

False- If you know someone with poor  
mental health, you can help by  
reaching out and letting them know  
help is available, helping them access  
mental health services, learning and  
sharing the facts about mental health,  
especially if you hear something that  
isn't true.

True

False- Mental illness is  
caused by a number of  
factors including biological  
factors, stressful or traumatic  
life events, and long-lasting  
health conditions such as  
heart disease or cancer.



# Helpful Tools



Mental Health Minute: Stress and Anxiety

**Click on the Links Below for More Information**



**How Teens Can Talk to Parents about Getting Help**

**How to Talk about a Mental Health Issues**

**Tips for Talking with your Healthcare Provider**

**How to Support a Friend with Mental Health Challenges**





# WHAT DO I DO IF SOMEONE TALKS TO ME ABOUT THEIR MENTAL HEALTH?

What  
you  
feel  
is real



M E N T A L



H E A L T H

1. Listen
2. Let them know they are not alone.
3. Avoid making judgments.
4. Take the information seriously.
5. Make yourself available to talk again if needed.
6. Do not share information with others unless requested.
7. Tell a Safe Adult- It's important to have friends that trust you, but if a friend indicates they have thoughts or plans of hurting themselves or another person, have been hearing voices or seeing things that no one else can hear or see, or have any other signs and symptoms that shouldn't be ignored then you need to tell an adult what is going on. That doesn't make you a bad friend; it just means that the problem requires more help than you can give. If someone you know is in crisis and needs help urgently, tell a safe adult like a parent, teacher, counselor, nurse, principal or call **1-800-273-TALK (8255)**, **text 741741**, go to your local Emergency Room or call 911.

SAUSD Mental Health Helpline  
657-240-9329



# Ways to Promote a Healthy Mind and Body

WHAT ARE SOME GOOD LIFESTYLE STRATEGIES TO KEEP MY MIND HEALTHY?

Stress can be overwhelming and impact our mental health and wellbeing. It is especially important to evaluate your overall lifestyle when encountering significant stress. Engage in stress-reducing activities to support a healthy mind and body. Here are some sample lifestyle priorities.

SLEEP

EAT A WELL  
BALANCED  
DIET

REST

RELAX

HAVE  
FUN

EXERCISE

CONNECT

TAKE MENTAL  
OR PHYSICAL  
BREAKS

PRACTICE  
GRATITUDE

STAY  
HYDRATED



## Coping Skills

VS

## Self-Care

Coping Skills are the strategies utilized to address symptoms of stress to help manage painful or difficult emotions. Coping skills support us to adjust to stressful events while helping us to maintain emotional well-being.

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

# What is the Difference?

### Coping Skills

Used as a support to get through distress or difficult situations, provides support to pause experience, re-energize to get through a period of time.

**Problem-based coping** is helpful when you need to change your situation, perhaps by removing a stressful thing from your life.

**Emotion-based coping** is helpful when you need to take care of your feelings when you either don't want to change your situation or when circumstances are out of your control.

### Self Care

Preventative, decreases burnout, if used regularly can lead to less need for coping skills

# Stress Catcher Activity

## STRESS CATCHER

CATCH SOME GREAT COPING STRATEGIES AND SKILLS FOR MANAGING STRESS

From the NATIONAL INSTITUTE of MENTAL HEALTH

Life can get challenging sometimes, and it's important for kids (and adults!) to develop strategies for coping with stress or anxiety. This stress catcher "fortune teller" offers some strategies children can practice and use to help manage stress and other difficult emotions.

Follow the instructions to create a fun and interactive way for children to practice coping strategies.



### CREATE YOUR STRESS CATCHER

- STEP 1.** Color the stress catcher (on page 2), and cut out the square.
- STEP 2.** Place the stress catcher face down. Fold each corner to the opposite corner, and then unfold to create two diagonal creases in the square.
- STEP 3.** Fold each corner toward the center of the square so that the numbers and colors are facing you. Turn over the square, and again fold each corner into the center so that the color names are visible.
- STEP 4.** Fold the square in half so that the color names are touching, and the numbers are on the outside. Now open it and fold it in half the other way.
- STEP 5.** Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
- STEP 6.** Close the stress catcher so only the numbers show.

### USE YOUR STRESS CATCHER

1. Pick a number, and open and close the stress catcher that number of times.
2. Next, pick a color and spell out the color name, opening and closing the stress catcher for each letter.
3. Then pick a color that is visible and open that flap.
4. Read what it says, and practice the coping strategy.
5. This game can be played with one or two players and is a way to practice coping strategies.



### ADDITIONAL RESOURCES

5 Things You Should Know About Stress  
[www.nimh.nih.gov/stress](http://www.nimh.nih.gov/stress)

The Teen Brain: 7 Things to Know  
[www.nimh.nih.gov/teenbrain](http://www.nimh.nih.gov/teenbrain)

5 Action Steps for Helping Someone in Emotional Pain  
[www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain](http://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain)

National Suicide Prevention Lifeline  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
1-800-273-TALK (8255) for free 24-hour help

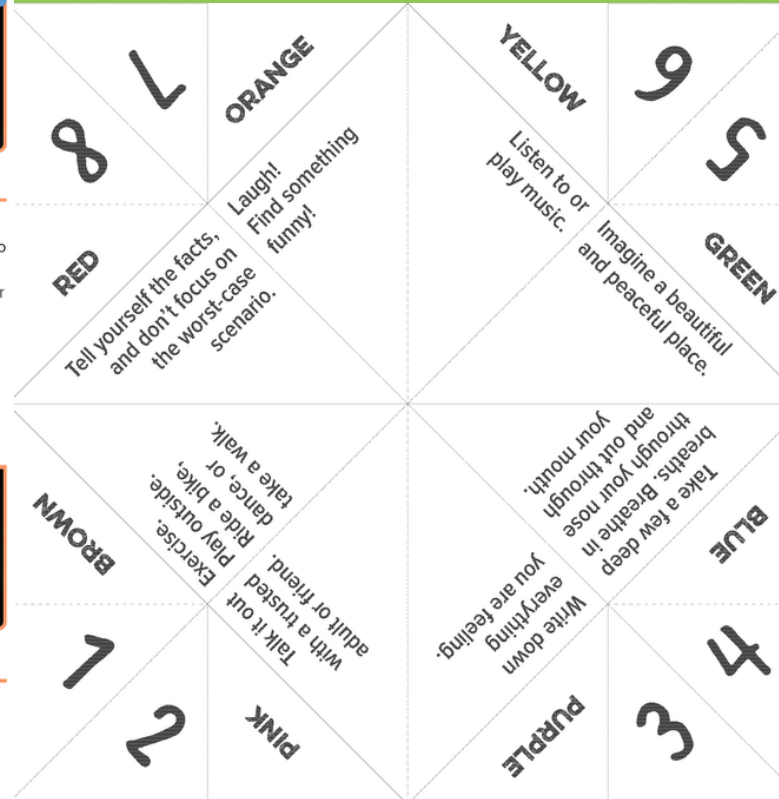
Crisis Text Line  
[www.crisistextline.org](http://www.crisistextline.org)  
Text HELLO to 741741 for free 24-hour help

For more information about mental health, visit the NIMH website at [www.nimh.nih.gov](http://www.nimh.nih.gov). For information on a wide variety of health topics, visit the National Library of Medicine's MedlinePlus service at <https://medlineplus.gov>.



[www.nimh.nih.gov](http://www.nimh.nih.gov)

NIH Publication No. 20-MH-8121



# Mental Health Toolkits

Click on the link to be directed to websites

Mental Health  
America

Each Mind Matters

National Alliance on Mental Illness

Helpful Tools/Handouts/Videos

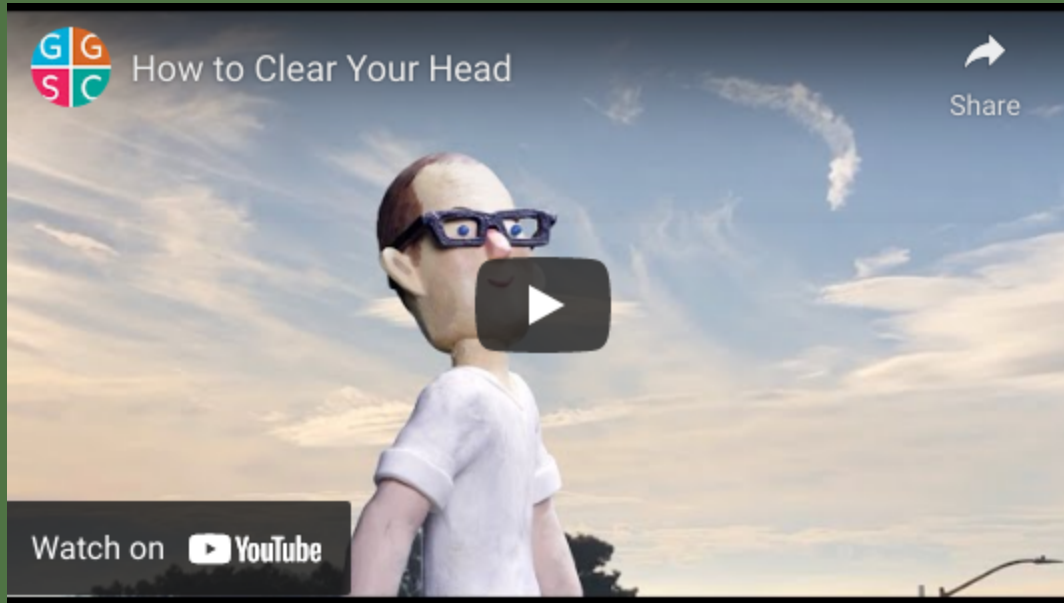
Child Mind Institute- videos for elementary, middle, high school students

Mood Crew- Worksheets/Activities



# Helpful Videos on Relaxation and Stress

## How to Clear Your Head



## Stress Management Tips



## Be the Pond



# Mental Health Crisis Resources



**National Suicide Lifeline**  
**800-273-8255**

**Text HOME to 741741**  
**CrisisTextLine.org**

**OC Crisis Hotline**  
**1-877-727-4747**  
**Text HEARME to 839863**

**OC Warm Line NAMI**  
**714-991-6412**  
**Available 24/7**

**The Trevor Project**  
**1-866-488-7386**

**In Case of Emergency Call 911**



**SOMETIMES ASKING FOR HELP**  
**IS THE BRAVEST MOVE YOU CAN MAKE**



**WE CARE. GET HELP.**



# JOIN THE SAUSD WE CARE CHALLENGE CAMPAIGN ON SOCIAL MEDIA!

Help us in passing the word on your social media page(s) to raise awareness about mental health and encourage your friends, students, staff and parents to join in the we care challenges.

Join in weekly with these challenges and include our hashtags.  
With all of your we care posts this month, please be sure to use the following hashtags:

**#SAUSDwellness4all #SAUSDwecare #SAUSD4healthyminds**

WEEK 1 (5/1-5/8)  
HEALTHY MINDS CHALLENGE  
**#SAUSD4healthyminds**

POST: CREATE OR SHARE A  
PICTURE OF YOUR HEALTHY MIND.  
SHARE YOUR STORY ON WHAT  
YOU DO TO TAKE CARE OF YOUR  
MENTAL HEALTH.

WEEK 2 (5/09-5/15)  
SHOW YOUR APPRECIATION  
**#SAUSDthankyou**

POST: A PICTURE OF SOMEONE  
YOU ARE GRATEFUL FOR IN YOUR  
LIFE. LET THEM KNOW HOW MUCH  
YOU APPRECIATE THEM.

WEEK 3 (5/16-5/22)  
WE CARE CHALLENGE  
**#SAUSDwecare**

POST: A PICTURE OF SOMETHING  
YOU ARE DOING TO HELP OTHERS  
IN YOUR SCHOOL AND/OR  
COMMUNITY.

WEEK 4 (5/23-5/31)  
FUN FOR EVERYONE  
**#SAUSDwellness4all**

POST: A PICTURE OF SOMETHING  
FUN YOU ARE DOING OUTSIDE  
WITH OTHERS AND THEN  
CHALLENGE SOMEONE ELSE TO DO  
THE SAME THING.



**#SAUSDWELLNESS4ALL  
#SAUSDWECARE  
#SAUSD4HEALTHYMINDS**



# Mental Health Awareness Month May 2022

Students: 31 ways in 31 days to practice taking breaks

#SAUSD4healthyminds #SAUSDwecare #SAUSDwellness4all

SUN	MON	TUE	WED	THU	FRI	SAT
1 Go for a walk outside	2 Listen to your favorite music	3 Use a journal to write down what you are grateful for	4 Call someone you care about	5 Unplug! Take a break from social media and devices	6 Do some deep breathing exercises	7 Cook, bake, or help to make something to eat
8 Volunteer in your community	9 Watch your favorite show	10 Get a good night's sleep	11 Take time to laugh!	12 Learn a new dance!	13 Drink water and stay hydrated!	14 Do some stretches as soon as you wake up
15 Look for healthy role models in your life	16 Read your favorite book or start a new one!	17 Go on a bike ride or a hike	18 Pack a healthy snack for the day	19 Donate items you no longer need to a charity	20 Start your day with a smile	21 Clean your room and clear the clutter
22 Join a club or start a new one	23 Cuddle with your pet or hug a stuffed animal	24 Write down your goals and how to achieve them	25 Ask for help when you need it	26 Brush and floss every day!	27 Plan a food drive for others in need	28 Surround yourself with positive people
29 Take the stairs whenever possible	30 Listen to your body and rest when you need to	31 Express your appreciation of others				



"Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone."—Lisa Olivera

Crisis numbers:  
Text "hello" to 741741  
National Suicide Prevention  
1-800-273-8255



CALIFORNIA STUDENT  
MENTAL HEALTH WEEK

## Student Mental Health Virtual Spirit Week: Try New Coping Skills!

MAY 9-13, 2022

### Meditation Monday

#### Coping Strategy

Practice mindfulness or participate in a guided meditation!



### Treat Yourself Tuesday

#### Coping Strategy

Treat yourself to your favorite thing to do!



### Write it Out Wednesday

#### Coping Strategy

Write in a journal, write poetry, write a letter, or write down your feelings and thoughts!



### Thankful Thursday

#### Coping Strategy

Make a list of things you are thankful for!



### Free to Be Me Friday

#### Coping Strategy

Make a list of all the things you love about yourself!





# CALENDAR OF EVENTS



## OC DEPT OF ED

*Student Advocates for Mental Health program will be posting weekly messages on social media.*

*@studentadvocatesformh*



*@orangecountyfni*

*@ocdepal*

## MIND OUT LOUD

*Mind Out Loud | May 12th  
JOIN STUDENTS FROM ACROSS  
THE U.S. & AROUND THE WORLD  
GUIDING THE CONVERSATION  
ABOUT MENTAL HEALTH.*

*<https://www.mindoutloud.org/>*



## LGTBQ CENTER OC

*Breakout (Mental Health Group  
for Youth Ages 12-17). Every  
Monday 6:00- 7:30 PM. Register:  
[bit.ly/elevatecounseling](http://bit.ly/elevatecounseling).*

*Questions?*

*[yanel.bueno@lgbtqcenteroc.org](mailto:yanel.bueno@lgbtqcenteroc.org)*



# DON'T FORGET!



## NAMI OC

*Homework Halftime  
Stress busting activities for this  
study season!*

*May 9, 16, 18, 23, 25*

*@ 12:00 pm - 1:00 pm*

*[namiocevents.eventbrite.com](https://namiocevents.eventbrite.com)*

## CALIFORNIA MENTAL HEALTH SERVICES AUTHORITY

*#MentalHealthMattersMonth You  
can Take Action For Mental Health  
by finding out how to #CheckIn,  
#LearnMore, and #GetSupport for  
yourself or anyone you know who is  
in a mental health crisis. Visit  
<https://takeaction4mh.com/>  
#TakeAction4MH*



## WESTERN YOUTH SERVICES

*Mental Health Fair*

*May 4 @ 10:00 am - 11:30 am*

*El Toro High School*

*25255 Toledo Way Lake Forest,  
CA 92630*

*Contact Emily Wang at  
[emily.wang@wysoc.org](mailto:emily.wang@wysoc.org) or  
(949) 595.8610*

# MORE EVENTS



## BE WELL OC

*Be Well Wednesdays*  
May 4, 11, 18, 25 @ 12:00-1:30 pm  
Hosting panelists and speakers  
to discuss mental health and  
teach you practical steps  
toward wellness for yourself and  
others. Contact Brandan Soltes  
at [brandan.soltes@mind-oc.org](mailto:brandan.soltes@mind-oc.org)

## (OCAPICA) WELL(NESS)ESSITY

*Minority Mental Health*  
May 9 @ 10:00 am - 11:00 am  
*Intro to Mental Health &  
Navigating Resources*  
May 25 @ 10:30 am - 11:30 am  
For more information, contact  
Nikki Oei at [noei@ocapica.org](mailto:noei@ocapica.org).



## MENTAL HEALTH SPIRIT DAY MAY 7

*Choose a Spirit Day Activity and  
Submit Proof of participation by  
or on May 7th. The top 10 entries  
receive a pizza party for the  
group of youth or grade that  
participated.*

[www.DirectingChange.org/events](http://www.DirectingChange.org/events)