

# Mental Health Week

May 1-7, 2016 #mindsmatter@kprdsb

## 5 easy ideas for promoting mental health in your school during Mental Health Week:

### 1. Display key messages about mental health in the school foyer or on bulletin boards.

Focus on promoting mental health and reducing the stigma of mental illness. Let students know who they can talk to at school if they have a concern, and post the KidsHelpPhone number. Display the KPR Mentally Healthy School Poster that arrived in the courier.



Kids Help Phone


Mental Health Vision

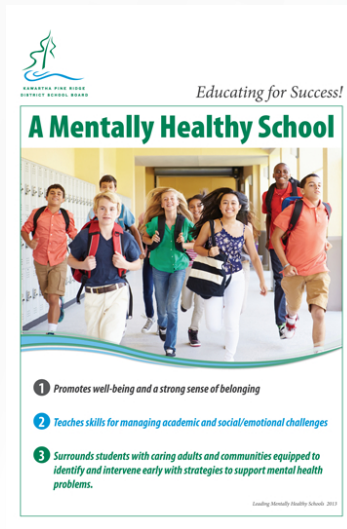
At the Kawartha Pine Ridge District School Board students succeed in a caring environment that supports mental health for all.

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Key Messages

- \* We all need to take care of our mental health
- \* Mentally healthy schools promote student success
- \* Working together we can reduce stigma, raise awareness, identify problems early and support every student's mental health and well-being





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**Elementary Secondary Staff**

### 2. Promote a sense of belonging and connectedness at school:

Welcome everyone to school. Have designated greeters at the doors outside (staff and students) welcoming everyone into the building and wishing them a great day! Creating a sense of belonging is important for each student, staff member and parent in your community and is essential for good mental health and achievement.

Share this inspirational video about ["Josh The Doorman"](#) with staff and/or students.

Promote activities and clubs that students can join to develop friendships and talents. If you have intramural sports, art activities or clubs running, encourage bringing a friend or open drop-in during Mental Health Week to highlight the importance of inclusion and reaching more students. Consider running lunchtime Yoga, Zumba, or a walking club to highlight the importance of exercise on mental health. Organize a variety of playground activities so elementary students are included and active during breaks.



Provide opportunities/activities so students can strengthen peer connections within classrooms and across grades. Classroom check-in circles, peer awareness training or positive spaces training for students can also help build class cultures of inclusion and acceptance.

Consider whole school activities and celebrations that promote school spirit and sense of community.



### 3. Play Music: Create your own school mental health playlist with suggestions from students and staff of music that is inspirational and promotes a positive mood.

Listening, singing and dancing along to fun, inspirational music is a great way to promote positive mental health. Play music in the classrooms during breaks, work periods, transition times, or as students are arriving at school.

Here are two music playlists to get you started. One playlist is for chilling, and the other to get you energized:

**Mental Health Music List**  
Mental Health Week • May 2-8, 2016

**Songs to Get You Energized**

▶ **PLAY ALL**

- ▶ Best Day of My Life - American Authors
- ▶ Shake It Off - Taylor Swift
- ▶ Anything - Hedley (clean version)
- ▶ Happy - Pharrell Williams
- ▶ Hooked on a Feeling - Blue Swede
- ▶ Rhythm in My Soul - Jason Mraz (feat. Jess Glynne)
- ▶ It's Time - Imagine Dragons
- ▶ Up We Go - Lights
- ▶ Firework - Katy Perry
- ▶ What Would You Do - Sonoma Ryder
- ▶ Sing Out and Shine - Florence + the Machine
- ▶ Don't Stop Believin' - Journey
- ▶ Something Big - Shawn Mendes
- ▶ I Lived - Good4Nothing
- ▶ We Came Runnin' - Youngblood Hawke
- ▶ I Don't Want to Be - Gavin DeGraw
- ▶ Born This Way - Lady Gaga
- ▶ Shake It Out - Florence + The Machine
- ▶ Fireworks - Train
- ▶ Mr. Blue Sky - Electric Light Orchestra
- ▶ The Walker - Fred & The Sonnettes
- ▶ Just No Mountain High Enough - Marvin Gaye & Tamara Telli
- ▶ On Top of the World - Imagine Dragons
- ▶ One Life - Hedley
- ▶ Strife - Steve Wariner
- ▶ Count on Me - Bruno Mars
- ▶ I'll Be There for You - The Rembrandts
- ▶ Heaven - Taylor Swift
- ▶ Better When I'm Dancing - Meghan Trainor
- ▶ Rise - Katy Perry
- ▶ Brave - Sarah McLachlan
- ▶ Fight Song - Rachel Platten

**Songs to Chill With**

▶ **PLAY ALL**

- ▶ Paper Planes - Gotye & Kimbra
- ▶ Same Love - Macklemore & Ryan Lewis
- ▶ The Way I Am - Ingrid Michalson
- ▶ Something Like - Lenka
- ▶ Ho Hey - The Lumineers
- ▶ Just a Little - Jem
- ▶ Home - Philip Phillips
- ▶ Long Horse - Ed Sheeran
- ▶ Little Things - One Direction
- ▶ Beautiful - Hedley
- ▶ Aries - Christina Perri
- ▶ Here Comes the Sun - The Beatles
- ▶ Blackbird - Sarah McLachlan
- ▶ What a Wonderful World - Louis Armstrong
- ▶ Stand by Me - Ben E. King
- ▶ Happy - Maroon 5 and The Diamonds
- ▶ The Story - Sara Bareilly
- ▶ Your Song - Elton John
- ▶ I Will Never - Florence
- ▶ Yellow - Coldplay
- ▶ Hills Like White Elephants - Sia
- ▶ Happiness - Demi Lovato
- ▶ The Climb - Miley Cyrus
- ▶ Surreal - OneRepublic
- ▶ Human - Christina Perri
- ▶ Good Better - Jason Mraz
- ▶ All I Can Do - GrandFunk
- ▶ Don't Let Me Fall - Lenka
- ▶ Dignity of Labour - Train
- ▶ Friends - Hedley
- ▶ Blue Colour - Artists Against Bullying
- ▶ Over the Rainbow - Great Female Artists
- ▶ Back of the Bay - One Republic
- ▶ Fly - Colbie Caillat
- ▶ Hello - Mariah Carey

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[Click here to email us your favourites!](#)

### 4. Promote school wide initiatives of positive psychology

Being kind to others can improve a person's self-esteem, happiness, sense of belonging and overall mental health. Teach, encourage and celebrate students to do Random Acts of Kindness, Pay it Forward or become Bucket Fillers.

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)



Have students create Positive Messages (decorate the walls, windows, sidewalk with positive messages of self-affirmations, inclusion, ways to take care of mental health).



Book of Awesome: create a book of awesome of all the great things going on in your school community .

# #KPRisAwesome



Gratitude Journals; Have students and staff keep gratitude journals and write about one thing they are grateful for each day. Highlighting positive experiences can have a positive effect on one's mental health.

**5. Share information about mental health promotion and early intervention in your newsletters and school websites.**

**Minds Matter @ KPR**  
**Tips for Staying Mentally Healthy**  
 Substituting your stress health is an important step in staying physically healthy. The all-around practice good mental health, and teach your children and learn how to do it. They will understand the importance of not only learn from the following tips, but that we included them as well.  
 • **Exercise.** Research shows exercise is a great stress reliever. It releases muscle tension, improves blood flow, and boosts your body with beneficial chemicals. Exercise has been shown to reduce anxiety and symptoms of mild depression.  
 • **Get sleep.** Having the right body more often, having a healthy breakfast, and eating regular meals can keep your mind and energy levels steady. Many doctors may give you temporary energy, but it can also make you nervous, irritable or restless. Avoid caffeine at least two hours before bedtime, and drink plenty of water throughout the day. Water is important because it regulates body temperature and helps fight fatigue.  
 • **Get enough sleep.** Sleep is a key to good mental health. Quality sleep helps the brain work more effectively. It is important to get enough sleep, make decisions-making and social interaction. Get into a sleep routine. Get "bored" and being quiet to quiet activities before heading to bed at the same time every day.  
 • **Practice healthy thinking.** Healthy thinking is thinking about something in a balanced way, seeing a situation or problem for what it really is. It means looking at all sides to a situation and then deciding for you how about it. It is important to be realistic and understanding, and respect your confidence and self-worth. Talking to a professional about self-worth can be very helpful.  
 • **Connect to something bigger.** Connect to a cause you care about, or volunteer. Find a specialty to call your own, whether through individual project or organization. Some worthwhile services, are simply connecting with others.  
 • **Build a healthy support network.** Healthy relationships with friends, family and community is good for mental health. Spend time with people you get through hard times. Build your self-confidence, and share your "big wins" with them. They can help by sharing advice or information based on their own experiences.  
 • **Make time to play, relax and laugh.** On things you enjoy and make time for yourself!  
 For more details on staying mentally healthy, visit <http://www.mindsmatter.org>  
 If you are concerned about your child's or teen's mental health, please speak with the teacher, principal or occupational, and your family doctor.  
 Next month's Minds Matter @ KPR article will look at early warning signs that could indicate a child or teen is experiencing a mental health issue.  
 @mindsmatter @kprdsb

**Kids Have Stress Too!**  
 Ideas, Tips and Strategies for Parents of Preschoolers  
 Kids stress too! This article provides ideas, tips and strategies for parents of preschoolers. It includes photos of children and a logo for Kids Stress Too!

**Set up a wellness room/ chill room in the school.**

**Wellness Rooms & Spaces**  
 A wellness room is a safe space created in a school intended to provide students with an opportunity to focus on reducing stress and anxiety, and the development of healthy coping strategies and self-care. Ideally a wellness space should be separate from other common areas in the school such as the cafeteria or library.  
 Wellness rooms can be used in a variety of ways. They can be available for individual, self-directed use during common school break times (lunch periods). They make a great location for the facilitation of small group sessions such as guided meditation or withdrawal groups for specific populations. Some schools have chosen to keep the rooms available throughout the school year, while others make it available during targeted high stress times, such as exam periods in secondary school.  
 It is beneficial to have some items available that can support a student in his or her attempt for relaxation and calm. Meditation, markers, journals, paper, coloring tools or journals such as journals on stress balls, music, snacks, and warm drinks, are examples of things that may be considered for inclusion in a wellness room. If possible, a variety of seating is also helpful. A combination of tables and chairs, as well as more relaxed seating such as a couch, provides some options for students. Another important consideration to include in a wellness room is educational materials related to mental health and well-being. Recommended resources (e.g., pamphlets for local support agencies, and a list of useful mental health apps) provide students with information about where and how they can support themselves. You may also consider hanging some inspiration quotes or artwork. Engage the students in the planning, design, and implementation of the room. If the room is to be for the benefit of the students, their voice is an integral part of the process!  
 Whenever you might choose to bring a wellness room to life in your building, it can be a wonderful and soothing space for both students and staff.  
 Wellness

**Self-Care is Important- Take Care of Your Own Mental Health**

**Tweet your Mental Health Week activities and celebrations to #mindsmatter@kprdsb and #KPRisawesome**

**PERSONAL RESILIENCY**  
 THE BASICS OF SELF-CARE  
 SAY The expression "You are what you eat" applies to us when we need to eat! If we are under a lot of stress, be mindful of our health you choose. This being a healthy meal choice by not that you eat really and avoid being "hangry!"  
 SLEEP How get more to sleep than sleep each night. Research shows that getting less than a full night of sleep can create health problems, irritability, stress, and reduce your ability to think clearly. It can also affect your mood and energy levels. Aim for 7-9 hours of sleep each night.  
 MOVE The positive effects of being physically active are numerous. It increases your energy, reduces your tension levels, reduces depression, increases blood pressure, and more, and is an important part of your overall health. Aim for 30 minutes of moderate activity each day.  
 CONNECT Strong social connections are one of the most powerful influences on our mood. Those who are dedicated to connecting with friends and family are more likely to experience less stress and depression. If you can't see your loved ones every day, you can still send an email or make a phone call.  
 PRACTICE Make time to take time for yourself during the day. In order to relax, take a few deep breaths, meditate, write in a journal, or do some stretching. Take time to do some self-care activities that help you feel better.  
 KNOWLEDGE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Having a healthy understanding of your emotions, both positive and negative, can help you better understand your own behavior.  
 REFLECT Take time to reflect on what is important to you both personally and professionally. Your values and sense of purpose help you focus on what is meaningful for you. Taking time to reflect can assist you in understanding your own behavior and decisions to give life.  
 REPEAT Research has shown that trying to do new things during the day is a key to increasing the likelihood of maintaining those new practices. It is recommended having an accountability partner during these first few weeks, it's a helpful strategy to enhance your success rate of expanding your new practices.  
 WITH OTHERS! Taking care of yourself is a crucial and necessary ingredient for those who care for others. This is especially true of those working in helping professions (mental health professionals, teachers, nurses, etc.). If you are not in good personal health, it is difficult to take care of others. You need to take care of yourself first, so you can be the best you can be for others.  
 Journal About Gratitude Every night write down three good things about your day. They don't have to be big things. They could be as simple as a good meal, falling in a bed, or getting through another school day.  
 Write a Letter Think about someone who has had a recent impact on your life, someone who you would like to thank, or someone who you appreciate being in your life. Write a letter with specific details about what it is you appreciate about them, and mail it.  
 Visit Someone When You Appreciate Think about a person who has had a recent impact on your life, someone who you would like to thank, or someone who you appreciate being in your life. Visit them in person or call them. Let them know how much you appreciate them.  
 Say "Thank You" Keep your eyes open throughout the day for reasons to say "thank you." It is important to recognize the actions that people do, such as a teacher who goes above and beyond, or a friend who seems willing to listen.  
 Take a Gratitude Walk Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers in a nearby building, or a beautiful breeze. Spend a few minutes focusing on each of your senses (sight, hearing, touch, smell, and taste) to help you appreciate what you have been touched.  
 Make a List of Things You Are Grateful For Write a list of things you are grateful for. It could be as simple as a good meal, falling in a bed, or getting through another school day.  
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