



Mental Health Awareness Week 2021!

The SEL Team

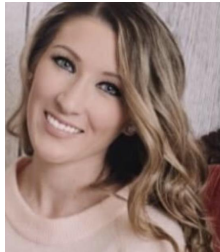


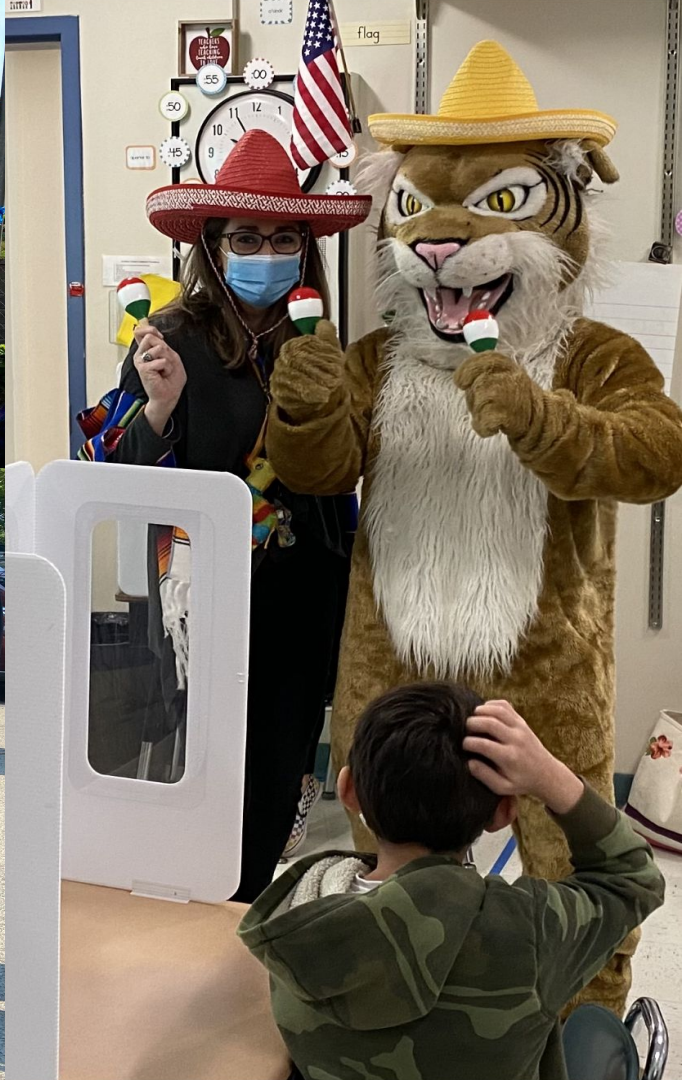
Social Emotional Learning Team

Weymouth Public Schools



Social
Emotional
Learning





Family & Community

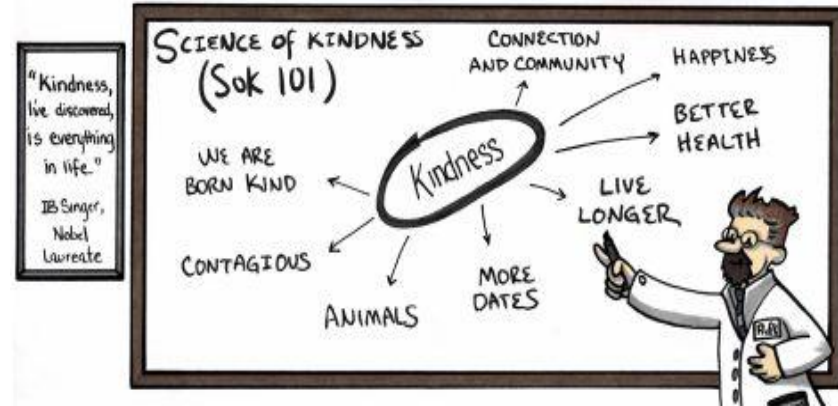
- Mental Health Resources & Tips Brochure
- Tips for Talking with Your Young Person
- Flyer designed and offered for businesses
- Tips for Being Mental Health Conscious in the Workplace
- Messages for Community Partners
- Caregiver Resource Fair: The Family Experience



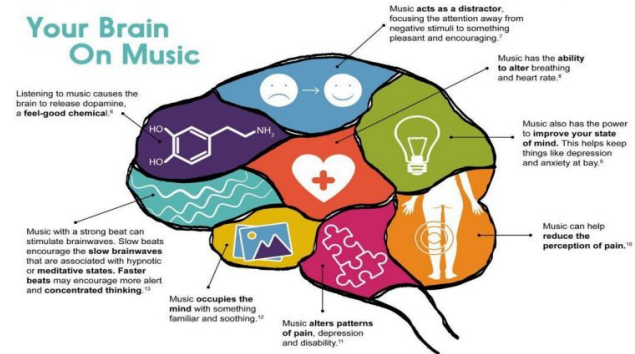


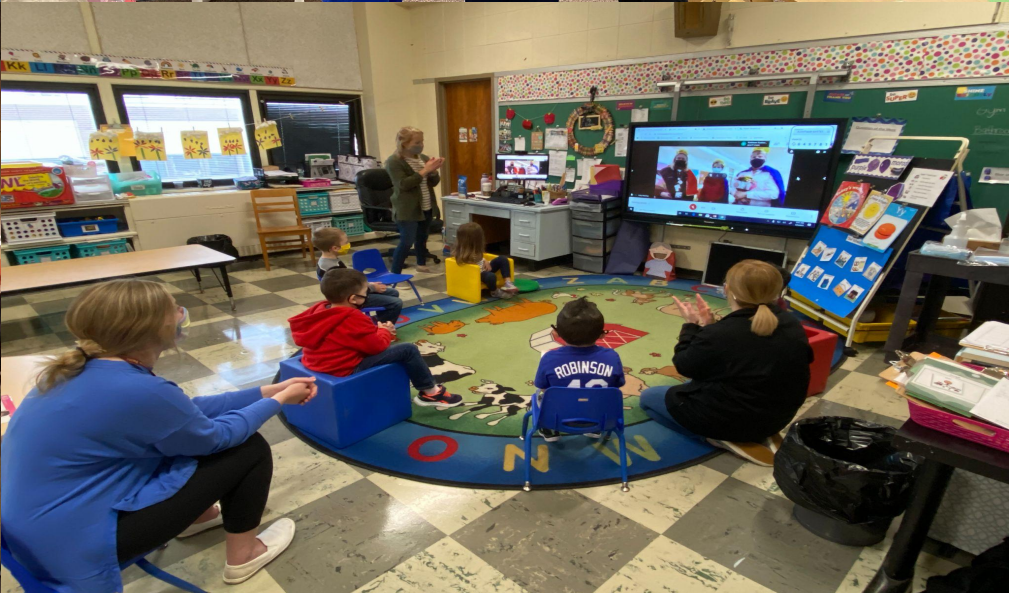
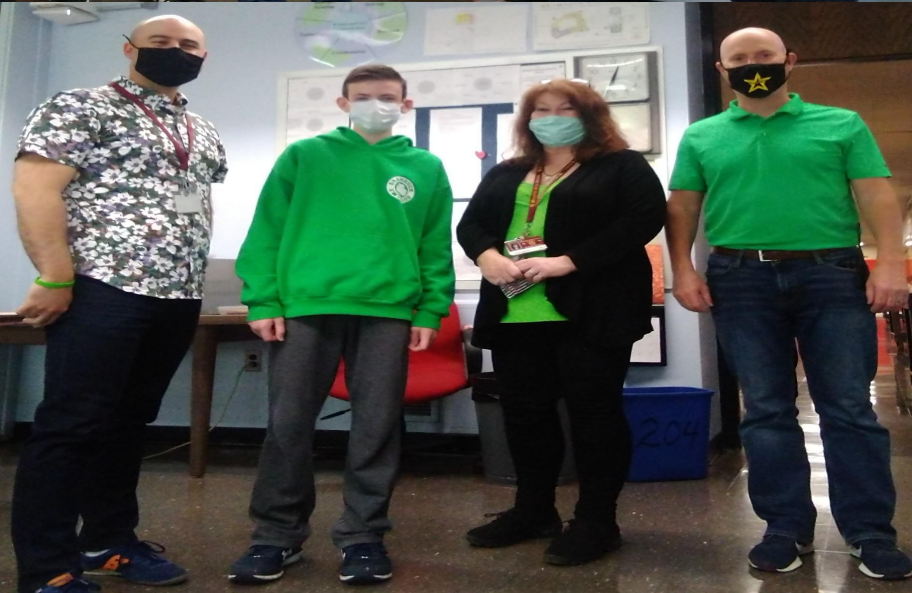
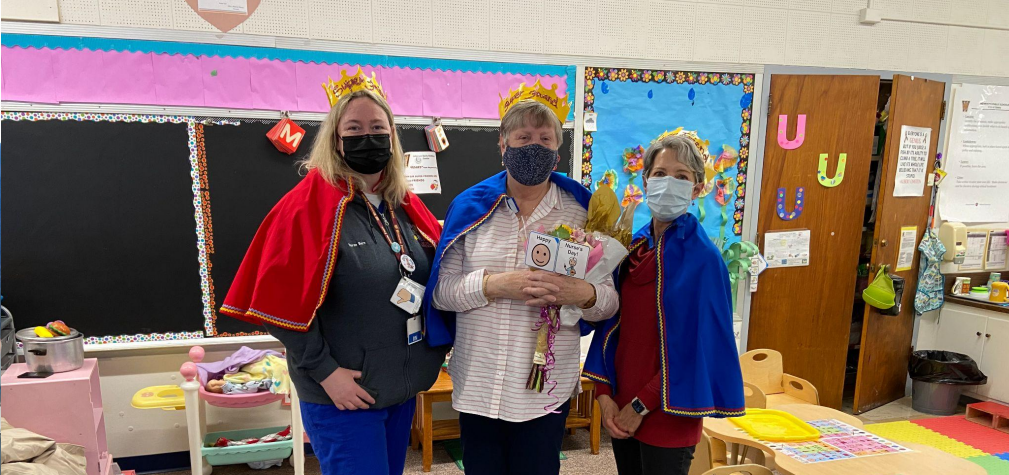
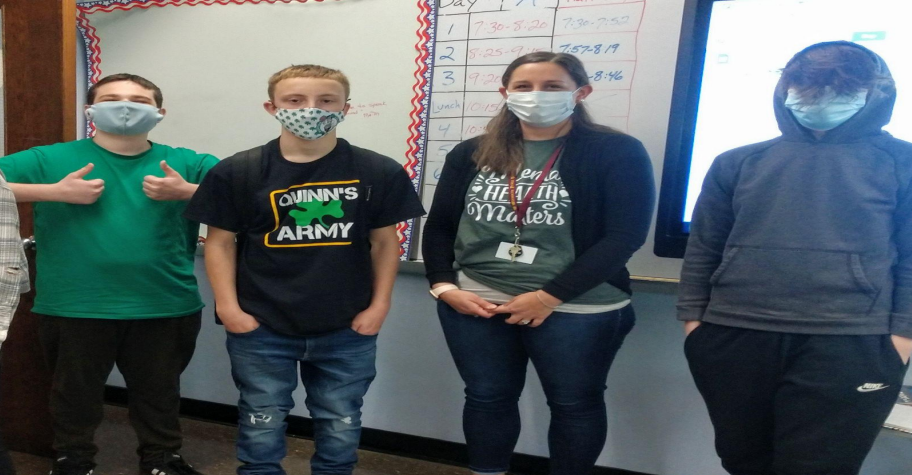
Goals for Mental Health Awareness Week

- Bring awareness to our amazing staff and the creative ways they bring SEL into the classroom.
- To Acknowledge and normalize all feelings and emotions that we experience, either together or independently.
- De-Stigmatizing mental health and using mental health support services. There are many biases and stereotypes that still exist across all groups that hinder those in need of help.



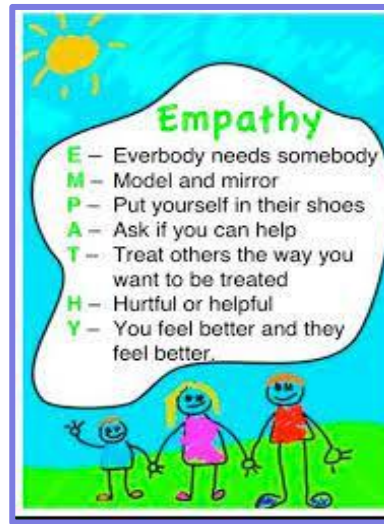
Your Brain On Music





Daily Themes Across the District

- Defining our emotions
- Empathy and Students Advocating For Each other
- Music and Mental Health
- Resilience in Action
- Green for Unity and Awareness!



The universe responds to your frequency. It doesn't recognise your personal desires, wants or needs. It only understands the frequency in which you are vibrating at. For example, if you are vibrating in the frequency of fear, guilt or shame you are going to attract things of a similar vibration. If you are vibrating in the frequency of love, joy and abundance, you are going to attract things that support that frequency. It's kinda like tuning into a radio station. You have to be tuning into the music you want to listen to just like you have to be tuned into the energy you want to manifest into your life. **Change your mindset,**

Your diet is not only what you eat,
it is what you watch,
what you listen to,
what you read,
the people you hang around...
Be mindful of the things
you put into your body
emotionally,
spiritually and
physically.
© 2010 Michael J. Smith

things that can worsen your anxiety

- irregular sleep
- too much alcohol
- representing your anxiety
- drinking a lot of alcohol (much)
- stress & conflict
- caffeine
- skipping meals
- depression and a lack of
- dealing with too many things
- isolating yourself
- drinking too much

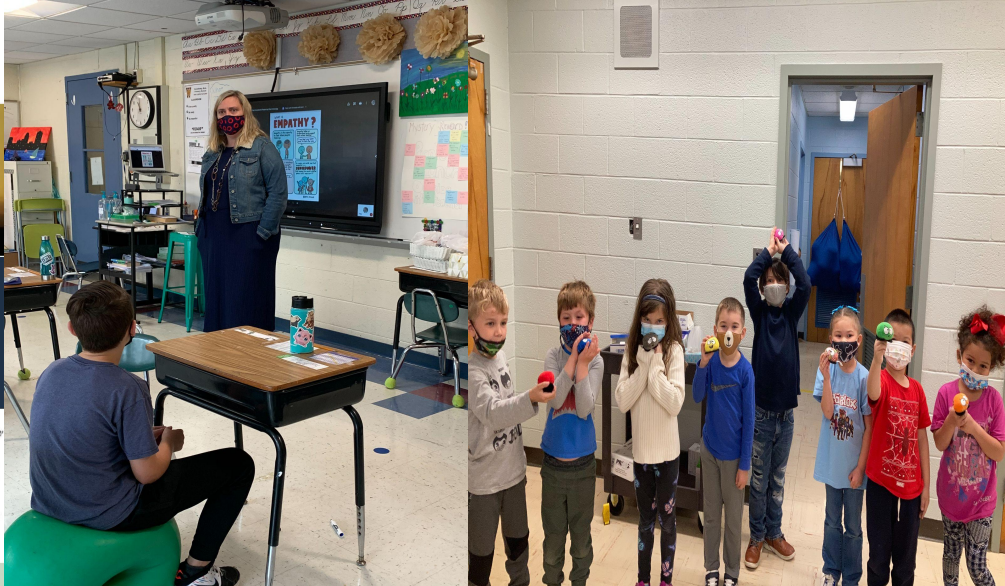
A graphic with a dark blue background. At the top, the text 'MINDFUL REMINDER' is written in large, white, sans-serif capital letters. Below this, a quote by Kristin Neff is displayed in white text: 'An emotion lasts for 90 seconds, unless we fuel it with our stories.' To the right of the quote is a stylized illustration of a person with long brown hair, wearing a purple long-sleeved shirt and dark pants, sitting cross-legged and reading a green book. At the bottom left of the graphic is a small white circular logo with a stylized flower or sunburst design, and the text 'THE UNIVERSITY OF TEXAS AT AUSTIN' is written in small white capital letters below it.

Sample Topics

- Tips for Getting "neatly Boundaries"
- Trauma awareness exercises
- Social anxiety challenge
- Solutions for "mind space"
- Tips of advice for "people pleaser"
- ADHD misconceptions & what to know
- Helpful vs. unhelpful strategies for anxiety
- What is effective communication?

TikTok Counseling
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Licensed Therapist TJ Hoehn
@tiktok_counseling



green ribbons to show that we recognize that mental health is a part of our overall health. Though the symptoms of many mental health more, they still matter and should be discussed. If we discuss mental health more, people will be able to get the treatment that they need and they won't have to worry. Almost everyone knows someone with a mental illness and almost everyone with a mental illness can get better through treatment. Wear green to show you care. If you are concerned about yourself or someone else, please make sure to talk about your concerns with a trusted adult as soon as you can!

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Coming Attractions!

- Weymouth Market
- After-school events for families
- Embedded SEL Curriculum Pre K- 7
- Fun SEL activities with local organizations

[WPS SEL Family Support and Resource Guide](#)

[SEL Caregiver Resource Fair Materials](#)

[SEL Team Resources Website](#)

Reach out!

**If you have any questions over the summer please
email**

WPS-SELTeam@weymouthps.org

Thank you!