

# COUNSELORS CORNER

May 2023

## It's Mental Health Awareness Month!

- A time to continue our education about mental illness while reducing the stigma associated with these brain diseases, increasing our knowledge & support of people on their recovery journeys.
- The Counseling Department celebrates our "open doors" in each of our schools and encourages you to meet our staff: Nicole Brush, Samantha Valente, Jacob Herber, and Tina Wydeen. Our LPCs are expanding services to students and families, and welcome the chance to answer your questions, talk about the priority needs you see, and how we can work together to promote health.

## 30 Day Mental Health Challenge

<b>DAY 1</b> Do a deep breathing exercise.	<b>DAY 2</b> Catch up with a friend.	<b>DAY 3</b> Schedule something fun.	<b>DAY 4</b> Donate something you never use.	<b>DAY 5</b> Do 30 minutes of yoga.
<b>DAY 6</b> Plan a healthy meal.	<b>DAY 7</b> Ask for help.	<b>DAY 8</b> Listen to your favorite music.	<b>DAY 9</b> Take 10 minutes to read.	<b>DAY 10</b> Go for a walk.
<b>DAY 11</b> Budget 20 minutes of at-home spa time.	<b>DAY 12</b> Practice a favorite hobby.	<b>DAY 13</b> Get distracted by a movie.	<b>DAY 14</b> Go to bed 30 minutes earlier.	<b>DAY 15</b> Drink just water today.
<b>DAY 16</b> Schedule a game night.	<b>DAY 17</b> Set a mini goal.	<b>DAY 18</b> Cross an item off your to-do list.	<b>DAY 19</b> Compliment someone.	<b>DAY 20</b> Plan a zoom catch-up with friends.
<b>DAY 21</b> Try a 5-minute meditation.	<b>DAY 22</b> FaceTime with family.	<b>DAY 23</b> Do something outside.	<b>DAY 24</b> Order in and watch a movie with your s/o.	<b>DAY 25</b> Unfollow negative social media accounts.
<b>DAY 26</b> Say no to something.	<b>DAY 27</b> Have a phone-free night.	<b>DAY 28</b> Watch a silly video.	<b>DAY 29</b> Write down something good that happened.	<b>DAY 30</b> Adopt a new habit.

## Happenings

- The Aavidum Club is hosting its first Mental Health Awareness Day("I've got your back") on May 25th, 2023 from 9:00AM-1:00PM at Riverside High School.

On May 10th Riverside School District brought in alumni to share their career paths and mentor our current students.

## Resources

- National Alliance of Mental Illness (NAMI)  
<https://www.nami.org>  
Phone Number: 570-342-1047
- CDC:How Educators Play a Role in Preventing Adverse Childhood Experiences (ACEs)  
<https://vetoviolence.cdc.gov/apps/aces-training/#/edu#top>
- Riverside SD counseling webpage has several great resources: <https://www.riversidesd.com/Page/3581>