

## Mental Health Week May 3 – 9, 2015

Please be sure to take note of the posters hanging in your location with great tips on taking care of your mental health. The suggestions on these posters were submitted by students, staff and parents on things they do to stay well mentally and physically. All submissions were entered into a draw and the winners are listed on the Board's webpage.

## New EFAP Microsite for Mental Health Week

Click on the image to the right and you will be directed to a brand new site containing some great articles to support your mental health including:

- Physical Health – How taking care of your body helps care for your mind
- Mental Health – a healthy mind affects overall health
- Financial Health – how finances affect your mind
- Work/Life – building resiliency to improve your health



## May Mental Health Challenge

We asked for your Mental Health and Wellbeing tips and you responded enthusiastically. Thank you so much for the great tips. It is great to know so many of you are taking care of your own wellbeing.

We are now challenging all staff and students to take the month of May to incorporate some of these great tips into your daily life.

Enter this challenge as a school/worksite, classroom, individual or as a family.

### How do you participate?

By simply implementing well-being strategies as part of your daily routine during the month of May and sending an email or photo to [healthandwellbeing@kprdsb.ca](mailto:healthandwellbeing@kprdsb.ca) no later than June 5th. Let us know if you participated as a group or an individual and the strategy(s) you implemented.

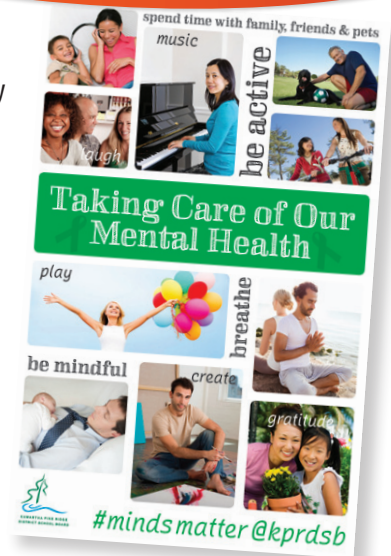
Clarington Central is challenging Bowmanville HS to a step challenge for the full month of May, using the fitbits they received through the KPR's EFAP program. What a great challenge!!

Or;

- Ensure all staff and students spend some time in nature each day.
- Share things you are grateful for each day with your classroom, at the family dinner table, in a gratitude journal.
- Learn a new craft or hobby with a friend
- Volunteer
- Wear your green ribbon to show your support for mental health awareness

*The possibilities are endless. . . .*

## #mindsmatter@kprdsb



**Remember to follow us on:**

 **Twitter @HandWkprdsb**

Health & Wellbeing Conference:

[Click here](#)

Health & Wellbeing Website:

[Click here](#)



If you have any ideas or suggestions for challenges or programs you would like to see please contact any member of your committee. *Your Health and Wellbeing Committee members are:*

Kathy Bell	Marga Koetje
Scott Carl	Michael McGinn
David Crawford	Nancy O'Brien
Jennifer Deck	Sarah Rogers
Tracey Hughes	Christy Thompson
Marsha Jones	