



MENTAL HEALTH CONNECTOR

ATHENS CITY SCHOOLS

FEBRUARY 2022 • ISSUE 5

TAKE CARE OF YOUR MENTAL HEALTH

Covid-19 has caused a dramatic rise in mental health issues. Students are experiencing higher levels of stress and anxiety while also struggling to cope with new ways of learning and feeling connected to others. Stress, anxiety, and depression are unbelievably high right now. That is why self-care is important. 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. If you've been suffering from anxiety and depression; here are some ways to improve your mental health and stay stronger this year. Take care of your mental health in 2022.

Self Care Tips

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Reach out to your friends or family members who can provide emotional support and practical help.



February is American Heart Month



Take up a heart-healthy habit by eating healthy, staying active, and watching your weight to maintain a healthy cardiovascular system.

Protect Your Smile!



Encourage children to brush their teeth daily, eat a nutritious diet, and decrease sugar intake.

FEBRUARY 2022 CALENDAR

- **AMERICAN HEART MONTH**
- **AFRICAN AMERICAN HISTORY MONTH**
- **FINANCIAL AID AWARENESS MONTH**
- **NATIONAL CHILDREN'S DENTAL MONTH**

FEBRUARY 2
GROUNDHOG DAY

FEBRUARY 7-11
NATIONAL COUNSELING WEEK

FEBRUARY 14
VALENTINE'S DAY

FEBRUARY 21
PRESIDENT'S DAY

FEBRUARY 21-27
NATIONAL EATING DISORDERS AWARENESS



Link: <https://www.nationaleatingdisorders.org/>

Limestone County Kids and Kin

Are you a grandparent, aunt, uncle or
sibling who is caring for your
relatives' children ?

You are invited to join Kids & Kin !

The Haven, 810 N Malone St, Athens
10 A.M. til 12 Noon

2022 Training Schedule

January 19th: The Forgiveness Cure

January 26th: I Have Cerebral Palsy, Please Include Me!

February 9th: Communication Issues-Receptive Language Disorder

February 23rd: Inside the Tween's Brain

March 9th: What is Child Abuse?

March 23rd: Kids and Allergies

For more information contact Tammie Hill at 256-724-2554 or
thill@familyguidancecenter.org



Kids and Kin is a Program of the Family Guidance Center of Alabama
and is funded by the Alabama Department of Human Resources.

Mental Health Week 7 day Challenge

Day 1

Take time to laugh

Watch a comedy or
check out your
favourite comedian.
Laughter helps
reduce anxiety.



Day 2

Get to bed 30
minutes earlier

A good night's
sleep helps us to
recover from mental
as well as physical
exertion.



Day 3

Listen to
a podcast

Fuel your mind
today by listening
to a mental health
podcasts that's are
relatable to you.



Day 4

Relax in a warm bath

Try adding Epsom
salts to soothe
aches and pains
and help boost
magnesium levels,
which can be
depleted by stress.



Day 5

Drink enough water

Use the '8 glass rule'
and avoid symptoms
of dehydration like
mood swings, tired-
ness, headaches,
and fatigue.



Day 6

Have a phone free
night at home

Set the phone aside
and find new ways to
occupy yourself -
reading a book,
chats with a loved
one or work on a
creative project.



Day 7

Don't complain at all today.

Each time you get annoyed or
frustrated by things, try turning
your thinking to
something positive.



 **Spectrum**
Mental Health

AREA MENTAL HEALTH RESOURCE LINKS

ATHENS-LIMESTONE COUNSELING CENTER
MENTAL HEALTH SCREENINGS AND TREATMENT RESOURCES
[HTTPS://WWW.MHCNCA.ORG/](https://www.mhcnca.org/)

ACS SCHOOL BASED THERAPIST
MERCEDES MADRID, LMSW
256-476-2916

LIMESTONE COUNTY HEALTH DEPARTMENT
COVID VACCINATIONS, CLINICAL, ENVIRONMENTAL AND HOME HEALTH
SERVICES
[HTTPS://WWW.ALABAMAPUBLICHEALTH.GOV/LIMESTONE/](https://www.alabamapublichealth.gov/limestone/)

CARING HOUSE
GRIEF SUPPORT SERVICES
[HTTPS://HHCARINGFORLIFE.ORG/CARING-HOUSE](https://hhcaringforlife.org/caring-house)

UNITED WAY
DIAL 2-1-1 FROM YOUR PHONE OR SEARCH THE DATABASE ONLINE TO
GET HELP WITH NON-EMERGENCY NEEDS.
[HTTPS://WWW.UWCA.ORG/GET-HELP/2-1-1-CALL-CENTER/](https://www.uwca.org/get-help/2-1-1-call-center/)

LIMESTONE COUNTY DHR
[HTTPS://DHR.ALABAMA.GOV/COUNTY-OFFICE-CONTACT/](https://dhr.alabama.gov/county-office-contact/)

LIMESTONE CHILD ADVOCACY CENTER
PREVENTION AND INTERVENTION SERVICES FOR CHILDREN AND
FAMILIES
[HTTPS://WWW.LIMESTONECAC.COM/CONTACT](https://www.limestonecac.com/contact)

FAMILY RESOURCE CENTER
HOUSING, RENT, UTILITIES, CLOTHING, AND COUNSELING
[HTTPS://ALCFAMILYRESOURCECENTER.ORG/](https://alcfamilyresourcecenter.org/)

HAPPI HEALTH
MEDICAL AND BEHAVIORAL HEALTH SERVICES
[HTTPS://WWW.HAPPIINC.COM/](https://www.happiinc.com/)

NEED RESOURCES ?

CONTACT:
MICHAEL ROSS
MENTAL HEALTH SERVICE COORDINATOR
EMAIL: MICHAEL.ROSS@ACS-K12.ORG
256-233-6600 EXT.6685