



Athens City Schools

Mental Health Connector

Issue No. 3 | October 2022



Mental Health Matters!

Taking care of your mental health is important. When your mental health suffers, it can become hard to enjoy life. You may start to feel run down, both mentally and physically. Many of these changes can make it harder to enjoy a balanced and rewarding life. 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 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 the rest of this year. Take care of your mental health.



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.

Bullying Prevention Month

October 2022 is Bullying Prevention Awareness Month. This is a perfect time to increase our awareness and understanding of bullying. Bullying can be a potentially traumatic experience for students. Events that traumatize one person may not affect another because every person responds differently. Let's stop the bullying.



Breast Cancer Awareness Month

Breast cancer is the most common cancer affecting women in the United States. Approximately one in eight women will develop breast cancer over her lifetime. While it is a common type of cancer, the factors surrounding breast cancer may not be common knowledge. Breast Cancer Awareness Month is one way to educate and inspire the public.



Area Mental Health Resource Links

Athens-Limestone Counseling Center

Mental health screenings and treatment resources <https://www.mhcncnca.org/>

Caring House

Grief Support services <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/>

Limestone Child Advocacy Center

Prevention and intervention services for children and families. <https://www.limestonecac.com/contact>

Family Resource Center

Housing, Rent, Utilities, Clothing, and Counseling <https://alcfamilyresourcecenter.org/>

Need Resources ?

Contact:

Michael Ross
Mental Health Services Coordinator
Email: michael.ross@acs-k12.org
256- 233-6600 ext.6685

Check out our mental health resource page for more resources. Scan QR Code.



October 2022 Calendar

Breast Cancer Awareness Month

Bullying Prevention Month

Down Syndrome Awareness Month

ADHD Awareness Month

Positive Attitude Month

Red Ribbon Week (Oct. 23-31)

World Mental Health Day (Oct. 10)

National Dyslexia Awareness Week (Oct. 4-8)

