



Pasadena ISD

Mental Health Awareness Month

#PasadenaISDMentalHealth
#PasadenaISDCares



Pasadena ISD supports the needs of the [Whole Child](#) and as such we will recognize **May as Mental Health Awareness Month!** The Whole Child committee has prepared **weekly themes with resources** to help your campus promote mental health (see below). We also want to encourage staff to celebrate **Mental Health Mondays** by **wearing green** (or a mental health awareness shirt) and post pictures and helpful information via social media with the **#PasadenaISDMentalHealth** and **#PasadenaISDCares** hashtags! We hope your campus joins in promoting the importance of Mental Health during the month of May. Please don't hesitate to reach out with any questions.

May Mental Health Awareness Themes

Week	Theme	List Resources and Activity Examples
<p>May 1st: Wear Green (or a mental health awareness shirt) and post pictures and helpful information via social media</p> <p>#PasadenaISDMentalHealth #PasadenaISDCares</p>	<p>Mental Health Awareness</p> 	<p>Mental Health Awareness Resources:</p> <ul style="list-style-type: none"> • Mental Health America (May 2023 Calendar) • #LOOK WITHIN • Fact Sheet: The Outdoors & Nature • NAMI Mental Health Awareness Resources • Mental Health Awareness Activity Calendar
<p>May 8th: Wear Green (or a mental health awareness shirt) and post pictures and helpful information via social media</p> <p>#PasadenaISDMentalHealth #PasadenaISDCares</p>	<p>Movement & Mood</p> 	<p>Movement and Mood Resources:</p> <ul style="list-style-type: none"> • How Exercise Can Improve Your Mood • CDC Benefits of Exercise • Why it Matters • Physical Activity Boosts Brain Health • Exercise Eases symptoms • 5 Mental Benefits of Exercise • Exercise to improve mental health
<p>May 15th: Wear Green (or a mental health awareness shirt) and post pictures and helpful information via social media</p> <p>#PasadenaISDMentalHealth #PasadenaISDCares</p>	<p>Managing Stress</p> 	<p>Managing Stress Resources:</p> <ul style="list-style-type: none"> • Tips for Coping With Stress • 5 Tips to Help Teens Cope with Stress • Shake Off Stress • Ways to Lower Stress • Managing Stress Like a Pro
<p>May 22nd: Wear Green (or a mental health awareness shirt) and post pictures and helpful information via social media</p> <p>#PasadenaISDMentalHealth #PasadenaISDCares</p>	<p>Motivation</p> 	<p>Motivation Resources:</p> <ul style="list-style-type: none"> • Personal Goal Setting - Planning to Live Your Life Your Way • Motivation: How to get started and staying motivated healthdirect • Motivational Podcasts