



JANUARY 2021

### Important Dates:

January is Mental Wellness Month

No Name Calling Week is January 18<sup>th</sup>- January 22<sup>nd</sup>

Human Trafficking Awareness Day is January 11<sup>th</sup>

### Helpful Resources:

Link: [21 Day Wellness Challenge](#)

Follow this link for an example of a 21 Day Wellness Challenge. Use this one or get creative and create your own!



## THRIVE IN THE HIVE: A MONTHLY MENTAL HEALTH NEWSLETTER

Welcome back to “Thrive in the Hive”, the monthly mental health newsletter brought to you by **Access Counseling Services!** The goal of these monthly newsletters is to provide you with education, interventions, and self-care tips in order to “THRIVE IN THE HIVE!”

### Mental Health Spotlight

This month, we are going to focus less on an actual Mental Health Diagnosis and more on overall Mental Wellness. Did you know that the third Monday in January is thought to be the “most depressing day of the year”? This day (January 18<sup>th</sup>, 2021) has been named “Blue Monday” because it is thought that by this time all of the holiday excitement has worn off, everyone is back in to their routines, may be receiving credit card bills from the holiday season and on top of all of that, this year, add in an unpredictable global pandemic. It can be hard to return to “real life” after a nice long break from work responsibilities and that is why being mindful of Mental Wellness is so important.

YOUR HEALTH AT WORK

## MENTAL WELLNESS

### Be kind to your mind

According to the World Health Organisation, mental health is:

- ✓ A state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

Remember that it's important to make your mental health and wellbeing a priority

### Mental health matters

Mental health issues can affect your emotions, thoughts, behaviours and productivity levels. Signs and symptoms include (but are not limited to):

Sadness, low energy levels and feeling down

Excessive fear, worry, anxiety or extreme guilt

Extreme mood changes (highs and lows)

Lack of engagement and chronic loneliness

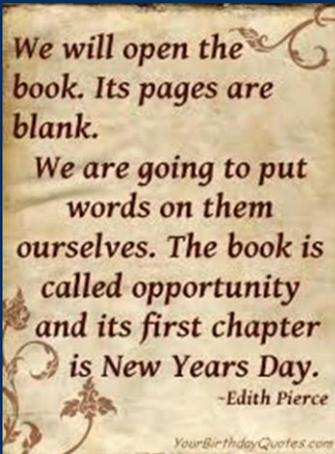
Dramatic changes to eating and sleeping habits

Most mental illnesses don't improve on their own and if left untreated may get worse over time

## Make YOUR mental Health @ Priority

### Tips to look after your mental health

- ✓ Eat a healthy diet and try to build some regular exercise into your week
- ✓ Keep in touch with family, friends and work colleagues and don't be afraid to discuss your feelings
- ✓ Do an activity that you enjoy and/or that you know you are good at
- ✓ Take a break from your usual routine as a change of scenery or a change of pace can be beneficial to your mental health
- ✓ It's important to get help when you need it and a good place to start is to talk to your GP
- ✓ If you are in need of additional help please reach out to your identified support system or call the **Butler County Mental Health Board (1-844-427-4747)** for a complete list of resources available.



Including focusing on our new and exciting New Years Resolutions, now is a great time to ensure that we are practicing self-care, working to manage stress and improving our emotional intelligence!

## SELF-CARE CORNER

Returning to school in January can be tough for both teachers and students. Here are five helpful tips for easing back into the school routine.

- 1) **Take it slow:** Returning after a long break can be make getting back to the “norm” difficult. Don't be afraid to give yourself some leeway and take time to review expectations not only with yourself but with your students as well.
- 2) **Don't Forget Self-Care:** You may have made resolutions to leave some habits in 2020, but self-care should not be one of them! Remember to be kind to yourself this week so that we can be our best for our students!
- 3) **Allow Time for Breaks:** Although the to-do list may seem lengthy after returning to work, don't forget to take time for a “brain break”. Taking a break can help to increase productivity, decrease stress and promote creativity.
- 4) **Practice Positivity:** Focusing on the positive aspects of your work life can help to overshadow the common dread of returning to work after a long break. What exciting activities will your class be participating in? It's ok if you even want to begin the countdown until the next day off!
- 5) **Re-connect with Co-workers:** Share the excitement of your break and check-in with others about theirs! Share your binge-worthy shows and recipes that turned out to be “keepers”. By taking time to re-connect with co-workers we can embrace the return to our “work family”. Don't be afraid to ask others what is working for them if you're having a hard time adjusting back to work.

## Welcome Back and Happy New Year!

Thank you for reading this month's edition of **THRIVE IN THE HIVE** brought to you by **Access Counseling Services** and written by **Monroe's Mental Health Coordinator - Kaitlyn Armstrong, MSW, LSW**. Please feel free to reach out with any questions or additional information regarding the information and resources provided.

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