



May



Counseling Newsletter

Our theme for the month of May and the end of our academic year is, **mental health awareness**. Each year millions of Americans face the reality of living with a mental illness. While we most commonly think of anxiety and depression, there are a variety of different diagnoses people can have in relation to mental health. During the month of May, there is a national movement to raise awareness about mental health. Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental Health Month also raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.

Mental health is essential for a person's overall health, we can not thrive physically if we are not feeling out best mentally. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. It is important that our students are educated about their mental well being and know how to advocate for their peers when they see them struggling.

Activity of the Month

Breaking the stigma and reducing stress





All grades: The end of the academic year can be a time of great excitement. Another school year is complete, and the long-awaited summer break is almost here. But it can also be a time of stress; trying to meet deadlines and more freedom in our schedule can bring about feelings of uncertainty. Classes will have the opportunity to come to the gym for a stress reduction workshop. Here we will have Catholic mediation through the Hallow App, healthy snacks and drinks to boost students' energy, physical activities that will get our heart rate going and release endorphins, and crafts to express our creativity. Our students and our staff have worked very hard this year and we are thankful to conclude another successful year at Seton!

**MENTAL
HEALTH**
AWARENESS MONTH
MAY



What Can be done at home?

As caregivers, it is our responsibility to check in with our students:

-  Break the stigma with your child about mental health.
-  Talk to your student about their day and what they are feeling.
-  Encourage counseling if they need additional support.
-  Incorporate breathing, prayer, exercise, and healthy habits into your family routine.

Contact Me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at dabrosca@seseton.org or calling 239-455-2262