

Mental Health Moment

Presented by the Counseling Department

Summer is Near!!

After the extraordinary school year we have all had, we are ready for a break. We are ready to put our feet up, turn off our brains, and relax in the sun! And we ALL deserve it! Maybe this is a great time to reflect on the successes we have had even in light of many challenges, this may also be a time where we reflect on areas in our lives that need some improvement. Whichever you choose to do on any given day, it is important to take time to rest, relax, and recover. In doing so, be sure you make healthy choices. Read a book, take the dog for a walk, go swimming, set a routine for your summer days so you aren't lost in a vast sea of time with no direction.

Although summer is a can also be a great yourself and create a and health. Routine ensure you find days. It also allows lot of fun! Routine as your body and expect and you can that. If you struggle issues whether it's stress, social anxiety, routine is essential to during the summer!



time to let loose, it time to invest in sense of wellness is a healthy way to purpose in your for spontaneity and a allows you to relax brain knows what to find great stability in with mental health anxiety, depression, or any other issue, your wellness— even

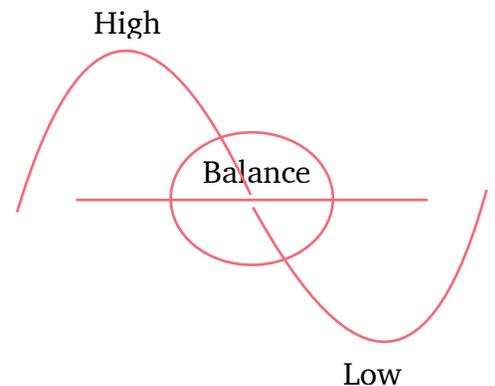


Image of what "balance" looks like in a mentally healthy, stable, and secure person. This should be our goal in life: achieve balance.

Take time before summer break begins to map out your summer days. Use the calendar on your phone or get a paper/pencil calendar and jot down any significant dates, then plan for your wake/sleep cycle, and daily routine. Thank you for a tremendous school year! We will see you all again in the fall! Enjoy your summer and stay well! Sincerely, Your School Counseling Team

Scan the code to take a copy:





“YOU ALONE
ARE ENOUGH.
YOU HAVE
NOTHING TO
PROVE TO
ANYBODY.”

- MAYA ANGELOU

TULIPANDSAGE.COM

DON'T AIM FOR
PERFECTION
AIM FOR
PROGRESS

@popsugar

*And the chaos
within me
found balance*

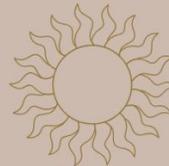
AN INSPIRING & MOTIVATIONAL
MORNING ROUTINE
FOR LESS ANXIETY



- ⋮ Wake-up 2 hours before starting your day
- ⋮ Open the windows & let the sunshine in
- ⋮ Brew the coffee & drink a full glass of water
- ⋮ A quick yoga session & some light stretching
- ⋮ Meditation...focus on your affirmations
- ⋮ Have a cup of coffee & journal
- ⋮ Eat a light breakfast
- ⋮ Get ready...breathe...and take on the day

⇒ Connect with me on leishalangston.com and on [YouTube](#)

MORNING ROUTINE IDEAS



- Prepare the night before
- Wake up early
- Read something
- Do yoga or work out
- Eat a healthy breakfast
- Make yourself look your best
- Make your bed
- Have a morning ritual
- Take your vitamins
- Plan out your day
- Meditate
- Don't hit snooze
- Tidy up your space
- Let some sunshine in
- Play some music
- Hydrate before you caffeinate
- Get some fresh air
- Be creative
- Take care of a living thing
- Greet the ones you love
- Journal
- Take care of your skin
- Repeat affirmations
- Pray
- Be thankful

thegirlwhodoeseverything.net

Taking care of
yourself doesn't
mean me first,
it means **me too.**

“If you do what you've
always done, you'll get what
you've always gotten.”

- Tony Robbins

thoughts above.com