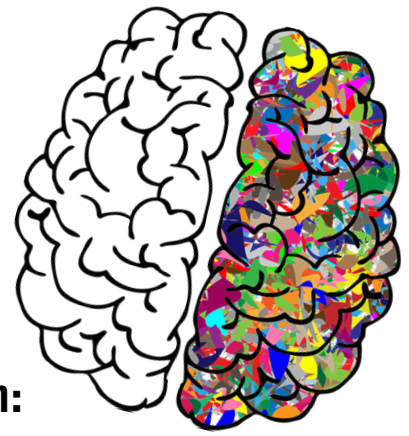


5210 FEATURE:

May is Mental Health Awareness Month



Here's how you can put 5-2-1-0 into action this month:

MENTAL HEALTH MATTERS!

Mental health is just as important as physical health and any staff wellness program should focus on the mind as well as the body.

May is Mental Health Awareness Month and a good time to check-in with the mental well-being of your students, staff and yourself!

It's **OK to talk about your mental health** with someone you trust and it's **OK to seek help**.

- ✓ **CHECK-IN:** Encourage your staff to use this [Mental Health Checklist](#) in May!

Make It OK

Find more Mental Health Awareness Month tools and resources – including a FREE toolkit! – at MakeltOK.org/IOWA.

Make It OK is a community campaign to reduce stigma by starting conversations and increasing understanding about mental illness.

STRATEGY 9:

Implement a staff wellness program that includes healthy eating and active living.



The [10 Strategies for Success](#) are mostly focused on the students, but it's important that YOU – *the adults who are caring for them* – are healthy role models, too!

Be a healthy role model:

- Eat healthy foods.
- Limit use of hand-held devices.
- Participate in physical activity.
- Drink water.

Staff Wellness Resources:

- [Staff as Healthy Role Models](#)
- [How to Hold a Healthy Staff Meeting](#)
- [Nutrition Education & Activities for Staff](#)

– via Action for Healthy Kids



Share on social media:
#HealthyChoicesCount



LEARN MORE & ACCESS FREE RESOURCES: www.iowahealthieststate.com/5210