



Healthy Choices Count!

MAY

IS MENTAL HEALTH AWARENESS 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 our Make It OK mindful moments resources!

GO ONLINE

Find more Mental Health Awareness Month tools and resources in our free toolkit at MakeItOK.org/IOWA.

Make It OK

The toolkit includes:

- Social Media Graphics and Captions
- Mental Health Resources
- Mindful Moments Tools
- Partnerships and Events all Month Long and more!



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 Resources
 - How to Hold a Healthy Staff Meeting
 - Nutrition Education and Activities for Staff
- via action for healthy kids*



Learn more and access free resources: iowahealthieststate.com/5210



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