Mental Health Tip Tuesdays

JOIN GCPS SOCIAL WORKERS IN OBSERVING MENTAL HEALTH MONTH BY ENGAGING IN THESE MINDFULNESS ACTIVITIES. EACH TUESDAY IN MAY, NEW IDEAS WILL BE SHARED. CLICK ON EACH BOX BELOW TO ACCESS THE MATERIAL.

Mental Health Awareness Fact

DIFERENT PEOPLE CAN EXPERIENCE ANXIETY IN DIFFERENT WAYS AND FOR DIFFERENT REASONS.

Mental Health Awareness Tip

DEEP ABDOMINAL BREATHING HAS BEEN SCIENTIFICALLY SHOWN TO REDUCE STRESS, AND THE BEST PART IS YOU CAN DO IT ANYTIME AND ANYWHERE TO CALM YOUR MIND AND BODY.

Brain Break

WE CHALLENGE YOU TO PRACTICE DISCO YOGA FOR 2 MINUTES.