

spring 2023

MENTAL HEALTH HIGHLIGHTS

QUARTERLY NEWSLETTER OF THE APS MENTAL HEALTH COMMITTEE



APS will be honoring May as Mental Health Awareness and focusing some activities around the following days. →

WEAR GREEN OR YOUR APS MENTAL HEALTH T-SHIRTS EVERY WEDNESDAY IN MAY!

FOR A LIST OF ALLENDALE MENTAL HEALTH COMMITTEE MEMBERS AND CONTACTS, GO TO:

[ALLENDALE MENTAL HEALTH COMMITTEE](#)



MOVEMENT MONDAYS

Exercising and movement releases feel good hormones called ENDORPHINS, which helps improve your mood and helps you release stress. It also allows us to take a break from our daily challenges to allow our minds to rest from those responsibilities.



TAKE A BREATH TUESDAYS

Deep breathing is one of the best ways to lower stress in our bodies. Taking a deep breath sends a signal telling our brains to calm down and our bodies to relax.



WELLNESS WEDNESDAYS

Improving your daily well-being is an important factor in helping your overall mental health. Examples of how we can improve our wellbeing is by connecting with others, spending time playing outdoors or in nature, getting good sleep, and EATING a healthy, balanced diet.



THANKFUL THURSDAYS

Research has shown that CONSCIOUSLY practicing GRATITUDE can reduce feelings of stress and anxiety. In fact, studies have found that a single act of thoughtful GRATITUDE produces an immediate 10% increase in happiness, and a 35 % reduction in depression.



FUNNY FRIDAYS

Laughter releases endorphins and is proven to reduce stress, improve mood, soothe tension, improve self-esteem, and strengthen relationships.

Tips to practice at home to help your student improve their mental health

- **Create structure through schedules.** Many people, especially children, thrive on routine. Find something that keeps you and your family in routine to help promote less stress or anxiety. This can look like scheduled times for bed and wake up, daily chores, and scheduled playdates.
- **Change of scenery.** Changing up the environment can help your child take in new things and feel refreshed and recharged. This can be as easy as taking a walk or driving somewhere new.
- **Mindfulness.** Stress and anxiety can take your student out of the daily swing of things, and leave them feeling worried, nervous, and on edge. Practicing mindfulness can get us back in the present moment to feel more relaxed and at ease. A few good ways to have your student practice mindfulness is by having them listen to their favorite music, reading or journaling, or something as simple as coloring.
- **Spend time outside.** It is scientifically proven that being outside, getting fresh air, and taking in sunlight is good for you mentally and PHYSICALLY. This can increase hormone levels leaving your child feeling more happy, relaxed, and overall increases their mood and attitude.
- **Physical Wellness.** Helping your child get proper and healthy nutrition, exercise, and rest can help your child create a balance that will ensure a fit mind and body. By sticking to these healthy habits, your child will sharpen THEIR mind AND stabilize their moods as well as prevent or reduce mental health conditions such as anxiety and depression.

MENTAL HEALTH RESOURCES



Visit the [Mental Health page](#) on our APS website.

- Mental Health Committee Members
- Mental Health Resources & Information
- Crisis Help Lines



In the event of a mental health crisis, call 988 or go to the nearest Emergency Department:

Holland Hospital
602 Michigan Ave, Holland
• 616-392-5141

Spectrum Health - Zeeland
8333 Felch St, Zeeland
• 616-772-4644

North Ottawa Community
1309 Sheldon Rd., Grand Haven
• 616-847-5310

Spectrum Health- GR
100 Michigan St. NE, GR
• 616-391-1774