summer 2024

MENTAL HEALTH HIGHLIGHTS

NEWSLETTER OF THE APS MENTAL HEALTH COMMITTEE

MENTAL HEALTH RESOURCES

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

Visit the
Mental Health page
on our APS website for other Mental Health Resources, Crisi Lines, and Mental Health Committee Member Contacts. .

The Importance of Physical Health for Better Mental Health

As a district, we celebrated Mental Health Awareness month in May by focusing on THE IMPORTANCE OF PHYSICAL HEALTH FOR BETTER MENTAL HEALTH.   During the month, staff and students celebrated each of the Wednesdays in May by wearing green or "Be Kind to Your Mind" Shirts.   We also focused on the themes of:

Movement Exercise	Getting Good Sleep	Nutrition & Healthy Eating	Time Outside	Hygiene

We addressed how maintaining each of these themes and incorporating them into our lives can drastically improve our mental health as well as some additional benefits like:

- less tension, stress and mental fatigue
- a natural energy boost
- a sense of achievement
- more focus and motivation
- feeling less angry or frustrated
- a healthy appetite
- having fun

Summer Mental Health Challenge

10 Challenges to have your student(s) try during the summer months to improve their mental health!

1. **Drink Water throughout the Day**

   Cut out soda and sugar drinks for one week to focus on your hydration for the week.   Water is essential to your physical health, especially during the heat of the summer, and the habit of staying hydrated is a good one to incorporate into your daily routine.

2. **Keep a Good Bedtime Routine**

   Sleep is another important basic need for your physical and mental health, but it is easy to let life get in the way of your sleep time. Not only does sleep allow your body to rest but sleep deficiency also affects your mind and is linked to depression, suicide, and risk-taking behaviors.

3. **Explore the Great Outdoors**

   We live in a beautiful state with lots of things to do outdoors in the summer. One of the best ways to stay healthy in summer is by exploring the great outdoors of Michigan.   Beaches, trails, hikes and lakes are all great ways to enjoy the weather while getting active, soaking in some Vitamin D and getting away from stressors.

4. **Walk 10,000 Steps or Be Active for 30 Minutes**

   Walking 10,00 steps a day has been a highly-recommended activity to help maintain your physical health.   But any movement and exercise can also benefit your mental health by reducing anxiety, depression, and negative mood.   It also improves your self-esteem and cognitive function.

5. **Take a Break from Social Media and Screen Time**

   Looking at a screen all day can lead to overstimulation, which can lead to mental exhaustion.   Whether for the whole day or a whole week, unplug for some time to focus on non-screen activities.

6. **Pick Up a New Hobby**

   Hobbies are a great way to pass the time and keep your mind active.   Summer is the perfect time to challenge yourself with learning new things.   Try picking up painting, writing, baking, puzzles, or a new sport.

7. **Perform a Random Act of Kindness**

   This activity is one of the best because it not only helps you, it helps those around you as well.   Taking the time to do something kind for someone else allows you to reposition your thoughts and think in a more positive way.   It doesn't hurt that making someone smile makes you smile too!

8. **Make a Gratitude List**

   Take some time to sit down and write the things that you are grateful for. Visualization of your accomplishments, blessings, and experiences helps highlight the positive things in your life.   Writing the items down can be a therapeutic exercise for yours emotional and mental health.

9. **Reorganize Your Space**

   Living in clutter is a large contributor to stress.   If you can't find anything, or don't like looking at your space, it's time to reorganize.   While the action may seems stressful in itself, the end result is a tidy home that allows you to focus your time and energy on more important things.

10. **Read a Book**

    Reading allows you to have an escape from your day to day reality. From reading to educate yourself to reading for entertainment, this mental health activity can work your mind in a variety of ways.   Set aside at least 30 minutes and set up in a cozy spot so you can turn some pages peacefully.