

## National Mental Wellness Month

Tips to improve mental wellness:

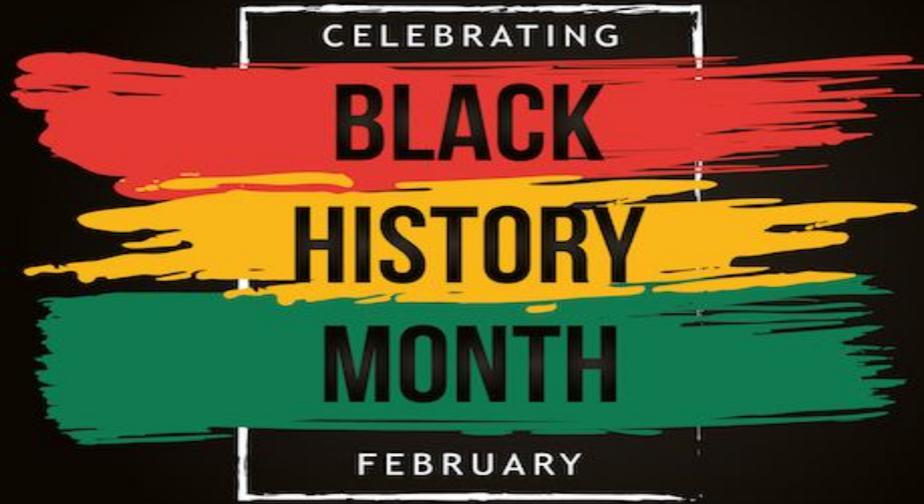
1. Develop a positive attitude
  - a. Help you be happier, successful, better able to handle crises/stress
2. Avoid negative self-talk
  - a. Focus on being thankful
3. View a crisis as an opportunity
  - a. Engage in problem-solving, make list of good things that could result from crisis
4. Laugh
  - a. Humor is a great stress reliever
5. Exercise
  - a. Increases energy, releases biochemicals to ease depression/anxiety
6. Improve your diet
  - a. Fruit, vegetable, fiber help you maintain physical/mental wellness
7. Get enough rest
  - a. Sleep disturbances worsen mental illness
8. Ask for help if you feel overwhelmed
  - a. Help can be a call away

# FEBRUARY/ MARCH

MENTAL HEALTH  
STUDENT NEWSLETTER

## National Eating Disorder Awareness Week

(1) Allow all foods; (2) Work to ensure adequate nourishment from food; (3) Work towards variety; (4) Recognize and honor your hunger; (5) Feel your fullness; (6) Encourage satisfaction; (7) Engage all your senses; (8) Practice body awareness; (9) Practice mindfulness; (10) Develop distress tolerance; (11) Create off ramps; (12) Connect with your body in joyful, purposeful way; (13) Move your body; (14) Practice self-care; (15) Cultivate joy; (16) Remember that your body is an instrument, not an ornament; (17) Create a gratitude journal for the functionality of your body; (18) Stay appropriately hydrated; (19) Cope with emotions without using food



## February is Black History Month

Black History Month, also known as African American History Month, is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history.

Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

The Black History Month 2021 theme, “Black Family: Representation, Identity and Diversity” explores the African diaspora, and the spread of Black families across the United States.

Read more [HERE](#)

Source: [www.history.com](http://www.history.com)

# February is Teen Dating Violence Awareness Month

## Statistics:

Dating violence is more common than people think, especially among teens and young adults.

1 in 3 teens in the US will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults.

## Helpful Resources:

[www.loveisrespect.org](http://www.loveisrespect.org)

[www.thatnotcool.com](http://www.thatnotcool.com)

[www.breakthecycle.org](http://www.breakthecycle.org)

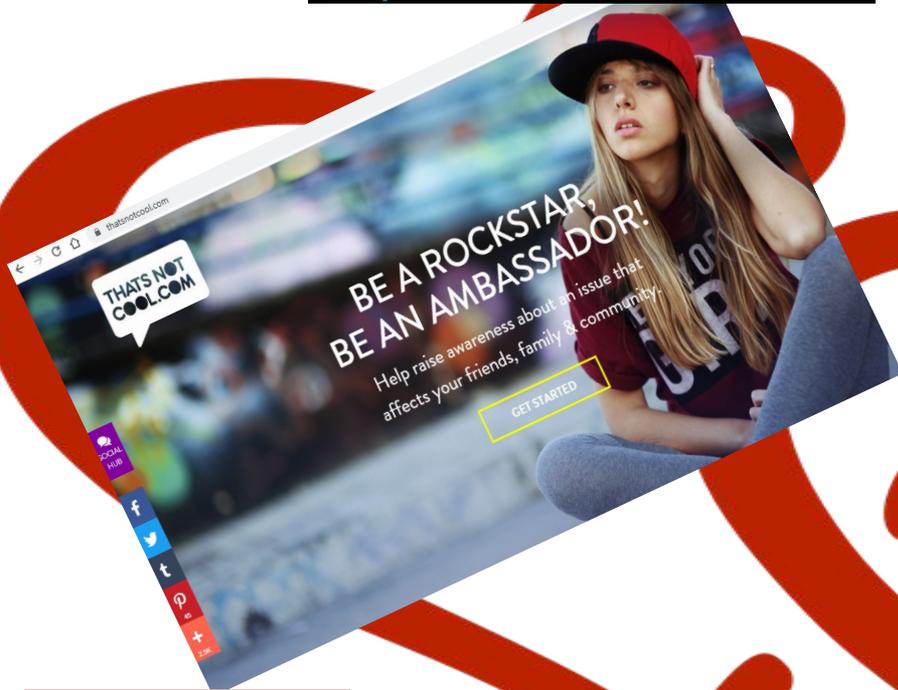
[www.loveisnotabuse.org](http://www.loveisnotabuse.org)



## Know the signs:

- Checking your phone, email, or social media accounts without your permission.
- Putting you down frequently, especially in front of others.
- Isolating you from friends or family (physically, financially, or emotionally).
- Extreme jealousy or insecurity.
- Explosive outbursts, temper, or mood swings.
- Any form of physical harm.
- Possessiveness or controlling behavior.
- Pressuring you or forcing you to have sex.

Check out: <https://thatsnotcool.com/>



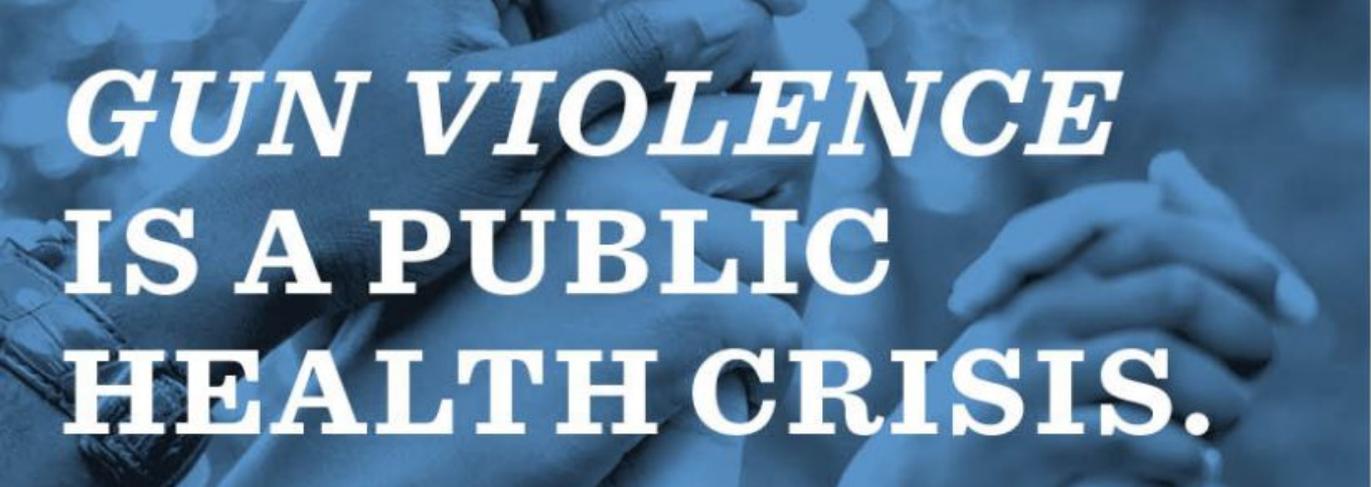
## Is this abuse?

Dating abuse is a pattern of coercive, intimidating, or manipulative behaviors used to exert power and control over a partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse isn't also dating violence; we simply recognize that dating violence tends to involve a series of abusive behaviors over a course of time.

# March for Our Lives

APA supported the March for Our Lives and routinely advocates for a public health approach to gun violence prevention. **Source:** American Psychological Association

**Link to full article click HERE:** <https://www.apa.org/advocacy/gun-violence/march>



***GUN VIOLENCE  
IS A PUBLIC  
HEALTH CRISIS.***

APA SUPPORTS  
**MARCH  
FOR OUR  
LIVES**