

***January Mental Health and Wellness Theme:***  
**Little Things to support your Mental Health**

Thank you to everyone who participated in creating our Word Wall by sharing the "Little Things" they do to support their mental health. Here is the completed wall!



Click [here](#) to learn about: “Little Things Mental Health Campaign

- the history of Mental Hygiene and the move to Mental Health
- How to observe Little Things Mental Health
- Important facts about mental health and wellness
- Why is adding little things to support your mental health so important!

Click [here](#) for 10 Tips to Boost your Mental Health

- Social connections

- Staying active
- Talking to someone
- Make leisure and contemplation a priority
- Much, much more!

**No time to read! We understand, check out these short videos**

- Click [here](#) to watch “The Five Ways to Wellbeing- Boosting Mental Wellbeing
- Click [here](#) to listen to other teachers on how they practice small things to help themselves for self-care
- Click [here](#) for ideas of little things to help you during the work day!