

October Mental Health and Wellness Theme:
World Teacher Day (Oct. 5) and World Mental Health Day (Oct. 10)

<p>October 5, 2022: World Teacher Day</p> <p>“Teachers at the heart of education recovery”. https://blog.busuu.com/world-teachers-day/</p>	<p>October 10, 2022: World Mental Health Day</p> <p>“Make mental health & well-being for all a global priority” https://www.who.int/campaigns/world-mental-health-day/2022</p>
<p><u><i>Teacher's Day 2022: Mental Health Tips for Every Teacher Battling Performance Pressure</i></u> <i>(click the title for full article)</i></p> <p>-“Teaching is a demanding profession by all means. Needless to say, the mental health of teachers deserves due care and attention.”</p> <p>-Factors Contributing to Mental Health Of Teachers -Mental Health Tips for Teachers</p> <p><u><i>Schools, Not Teachers, Must Reduce Stress and Burnout - Here's How:</i></u> <i>(click the title for full article)</i></p> <p>-By reading this article teachers can gain some ideas on how to make teacher’s mental health and wellbeing a priority and a part of “school culture”</p> <p>-Survey and Listen to teachers -Give Teachers an Actual break -Create Shared Agreements: Teacher wellness should not be only the responsibility of individual teachers</p>	<p><u><i>Emotional Wellness Month</i></u> <i>(click the title for full article)</i></p> <p>-Use Emotional Wellness Month as an opportunity to take charge of your emotional wellness, find the soothing activities that work for you, and, most of all, breathe!</p> <p>- Maintaining a healthy emotional balance helps us make healthy choices, have good relationships, and achieve our goals. Emotional wellness gives us a toolkit for handling life’s stresses, navigating relationships, and keeping ourselves motivated.</p> <p><u><i>UN Resources: Fact Sheets</i></u> <i>(click the title for full article)</i></p> <ul style="list-style-type: none"> - Supporting Others - Living and Working with a Mental Health Condition - <u><i>UN Mental Health and Wellness Videos</i></u> <i>(click the title for videos)</i>