



Healthy Choices Count!

# MAY

## MENTAL HEALTH MATTERS

#HealthyChoicesCount



FIND MORE 5-2-1-0 RESOURCES:  
[www.iowaHealthiestState.com/5210](http://www.iowaHealthiestState.com/5210)



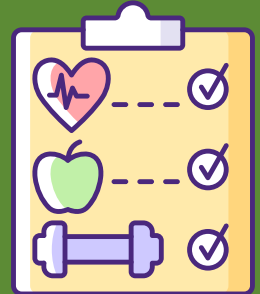
### DID YOU KNOW?

May is Mental Health Awareness Month and a good time to check-in with the mental well-being of your students, staff and yourself! Mental health is just as important as physical health, so make sure your staff wellness initiatives focus on the mind as well as the body! It's OK to talk about your mental health with someone you trust and it's OK to seek help.

### STRATEGY 9:

Implement a staff wellness program that includes healthy eating and active living.

- Who are your healthy role models?
- What initiatives does your program or workplace do to support healthy lifestyles?



### ENGAGE IN HEALTHY HABITS AND ACTIVITIES TO SUPPORT YOUR MENTAL HEALTH!

[Mental Health America - 31 Tips to Boost Your Mental Health](#)

[Action for Healthy Kids - Nutrition Education and Activities for Staff](#)

[Mental Health Foundation - Physical Health and Mental Health](#)

[American Heart Foundation - Food & Mood](#)

### MAY IS MENTAL HEALTH AWARENESS MONTH

[Make It OK Mental Health Awareness Month Toolkit](#)

[Make It OK Mental Health Awareness Month Resources Page](#)

[SAMHSA - Resources for Parents and Caregivers](#)

[CDC - Children's Mental Health](#)