

Wellness Wednesday

MAY 25, 2022



Mental health is an important topic. We must all be united to push ourselves, our loved ones, and students to take care of themselves emotionally. Thank you for being a part of that change by reviewing the weekly Wellness Wednesday presentations for the last two school years.

Although today is the last Wellness Wednesday you will receive, we are still TOGETHER FOR MENTAL HEALTH.



GALENA PARK ISD

A GREAT PLACE TO BE
FAMILY • PRIDE • FAIRNESS • RESPECT

TOGETHER
FOR
MENTAL HEALTH

The graphic features two stylized human profiles facing each other. The left profile is green and the right is blue. Their hair is represented by a cloud of small dots in their respective colors. The background is a gradient from dark blue on the left to green on the right.



It is okay to ask for help. We all need extra support at times. Life can be challenging. Resources in the community are there to help you accomplish your goals and heal from life's circumstances.

Clear Hope Counseling

281-769-2238

<https://www.clearhopewellness.com/>

Bo's Place

713-942-8339

<https://www.bosplace.org/en/>

The Montrose Center 713-529-0037

<https://www.montrosecenter.org/contactus/>

Houston Behavioral Health Hospital

832-834-7710

<https://www.houstonbehavioralhealth.com/>



SELF-CARE

As you navigate this world, remember your self-care. Self-care is all about being intentional in engaging in activities that will promote relaxation, calm, peace, and improve your mood.

<https://www.therapistaid.com/worksheets/self-care-tips.pdf>

<https://www.therapistaid.com/worksheets/mental-health-maintenance-plan.pdf>



Emotions get intense! Don't forget your grounding techniques. These are techniques that help us regulate our emotions in the moment of the stressor.

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>

<https://www.therapistaid.com/worksheets/what-is-mindfulness.pdf>

EMPLOYEE ASSISTANCE PROGRAM

4th Annual Mental Health Awareness Fair 2022



STAY INVOLVED!

WELLNESS WEDNESDAY ARCHIVES



Boyz II Men - It's So Hard To Say Goodbye To Yesterday



On behalf of the Student Support and Social Services Departments, the sincerest thank you. Thank you for taking this journey with us to promote mental health. We want to work together to continue to end the stigma associated with mental health. This is not a goodbye, this is a see you later.

With Gratitude,
Dr. Haynes and Mrs. Rogers-Mitchell

Please scan the QR Code below to leave us a message.

Remember, you can always Chat with a PRO!





Chat with a PRO



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