STAY SAFE DURING SPRING BREAK!

BE MINDFUL OF YOUR MENTAL HEALTH

The pandemic has increased stress for many of us, constant changes and fear of the unknown are anxiety provoking. Give yourself permission to take a break to unplug and restore your sleep and mood! Research indicates that a spring break week at home achieves the same mental and physical health benefits as a week out of town. The key is taking a break. Check out ways to support positive mental health below.

BOUNDARIES

Setting good personal boundaries is critical to maintaining positive mental health. Doing so can increase your sense of self and self-esteem and reduce anxiety and depression. Defining boundaries is the process of determining what behaviors you will accept and what you will not.

ROUTINE

Having a daily routine can help with time management, stress levels and overall sanity. Repetitive actions can be beneficial not only to mental health, but physical health if you make it a habit to get out and get moving. Positive routines can help you take control of your day, and subsequently your life.

SUPPORT

Social support has been proven to help maintain positive physical and mental health. Positive social support enhances resilience to stress and protects against trauma or chronic stress. It is also possible to have negative social support which can have adverse effects.

WHY IS SPRING BREAK ESSENTIAL TO YOUR MENTAL HEALTH?

- People who take a break are healthier. Getting away from your daily duties helps your mind relax and you sleep better. Your mood is more positive, lowering your blood pressure.
- Taking a break helps you be more productive at school. When you can get away from school work, your mind has time to refocus; often in that refocusing, you're able to see a different perspective of issues at school and home. Not being stressed with school helps you process ideas more calmly and rationally. Students who can escape the academic stressors are more productive when they come back rested.
- Taking a break helps your personal relationships. Taking a break with your family helps you create and deepen your sense of togetherness. It creates memories and appreciation that your family will cherish forever. Trying new experiences together restores family unity and teamwork.
- Taking a break helps restore higher levels of well-being. Neuroscientists encourage taking downtime so our bodies can relax and restore. Research shows that people who take a vacation feel calmer and experience mind clarity. Even the anticipation of a getaway can increase happiness and improve a negative attitude.

RESOURCES

KIDS HELP PHONE

WE ALL HAVE MENTAL HEALTH (VIDEO)

MENTAL HEALTH AWARENESS

DIGITAL DETOX

MY LIFE MINDFULNESS

STRESS MANAGEMENT (VIDEO)

FOR ANY MENTAL HEALTH EMERGENCIES CALL 911