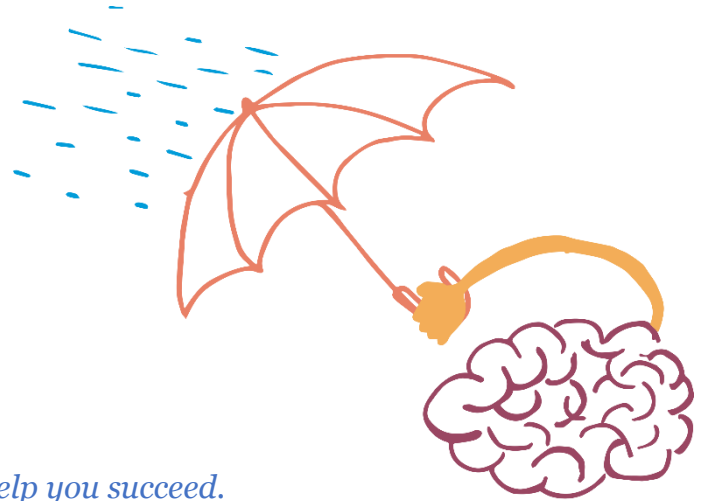


Mental and emotional health support

You did it! You made it through the school year! It has been a unique year full of adventures and uncertainties. What is certain is that you have developed resiliency. Resiliency involves behaviors, thoughts, and actions that can be learned over time. Here are some tips to continue to build resilience:

- Make connections
- Maintain a daily routine
- Take a break
- Work towards your goals
- Nurture a positive self-image
- Look for opportunities
- Accept change as part of life



Your perseverance will help you succeed.

As the school year comes to an end, try to maintain some communication with friends and peers. Here are some tips on staying connected:

- Join an online community
 - Video chat
- Start an online course
- Send a letter or personal email



Videos:

[What is resilience](#)

[Building resilience](#)

Worksheet:

[Protective factors](#)

App:

[The Resilience App](#)

Have a phenomenal summer! You deserve some fun. Try these activities during your break:



- ✓ Workout
- ✓ Learn a new skill
- ✓ Spend time with a pet
- ✓ Stargaze

Stay safe MVUSD families!