



# WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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MENTAL  
HEALTH  
- IS A -  
PRIORITY

## Mental Health Awareness

May is mental health awareness month so now is the time to take action for your own mental health! Mental health can't wait. Taking action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.

### RESOURCES

[10 Journal Prompts to Spark Self-Reflection](#)  
[Burnout: Do you need a break?](#)  
[Building Boundaries Worksheet](#)  
[May Wellness Tips Calendar](#)  
[Coloring Page](#)  
[How can I improve my mental health on my own?](#)  
[MVUSD Resource Links](#)

LAUNDRY CAN WAIT

YOUR NEWSFEED CAN WAIT

EMAILS CAN WAIT

DISHES CAN WAIT

MENTAL HEALTH  
CAN'T WAIT

SCAN TO GET STARTED



[mhanational.org/may](https://mhanational.org/may)

MHA  
Mental Health America

TURN  
AWARENESS >>  
INTO ACTION

### SMARTPHONE APPS

- [Calm](#)
- [Personal Zen](#)
- [Happify](#)
- [Pacifica](#)
- [SuperBetter](#)
- [Breathe2Relax](#)
- [How We Feel](#)

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