

Mental Health Matters

Everyone Has A Story

Jan



2024

GOALS



ABRAHAM LINCOLN

“We can complain because
rose bushes have thorns, or we
can rejoice because thorn
bushes have roses.”

In this edition

- Creating healthy habits
- Prevention & Support Spotlight
- Wisdom from Dr. Martin Luther King Jr
- Mental Wellness Month
- Gratitude & Brain Health
- Let's Talk Parent Night

Creating Habits with Positive Outcomes

A survey from Forbes Health found the top resolutions for 2024 are:

1. Improve fitness.
2. Improve finances.
3. Improve mental health.
4. Lose weight.
5. Improve diet.
6. Make more time for loved ones.
7. Stop smoking.
8. Learn a new skill.
9. Make more time for hobbies.
10. Improve work/life balance.
11. Travel more.
12. Meditate regularly.
13. Drink less alcohol.
14. Perform better at work.

IF YOU WANT TO LIVE A
HAPPY LIFE, TIE IT TO
A GOAL, NOT TO PEOPLE
OR THINGS.

—Albert Einstein



According to Blue Cross of California, there are 4 great tips to boost mental wellness with New Year's resolutions:

1. Prioritize self-care: Self-care is necessary for mental wellness. It is important to make time for self-care in your daily and weekly routines. It can be as simple as a 15 minute walk each day and getting adequate sleep each night.

2. Set realistic and attainable goals: When considering a desired long-term outcome, consider making short term goals for the steps to achieve the ultimate outcome. This will eliminate disappointment and discouragement, which adversely affects your mental well-being.

3. Focus on building supportive relationships: Humans are wired for connection, and we become who we surround ourselves with so choose wisely the company you keep and make time to nurture the healthy relationships in your life.

4. Be kind to yourself: Give yourself grace. When you fall down (and you will), get back up and back on track.

Prevention & Support Staff Spotlight

Officer Justin Murray

Officer Justin Murray is the School Resource Officer for Central Baldwin Middle School. This is his 6th year serving CBMS! He has been in law enforcement for 15 years. Prior to coming to CBMS, he worked for Bay Minette Police Department for one year and Robertsedale Police Department for fourteen years. Officer Murray is originally from Natchitoches, LA and his family has lived in Robertsedale for twenty years. He and his wife, Leanne, have 3 children: Summer, age 20; Cameron, age 16; and Taylor, age 12. Their family enjoys boating, fishing, and traveling. He is a big LSU fan. Geaux Tigers! Officer Murray loves connecting with the students at CBMS as well as the teachers and staff. He says these relationships he has built have been most rewarding. Officer Murray loves sports, and he enjoys getting to work the sporting events with the school.



Go Bears!

Central Baldwin Middle School

Believe Education Assures Reaching Success!

Wisdom from Dr. Martin Luther King



"The time is always right to do what is right."

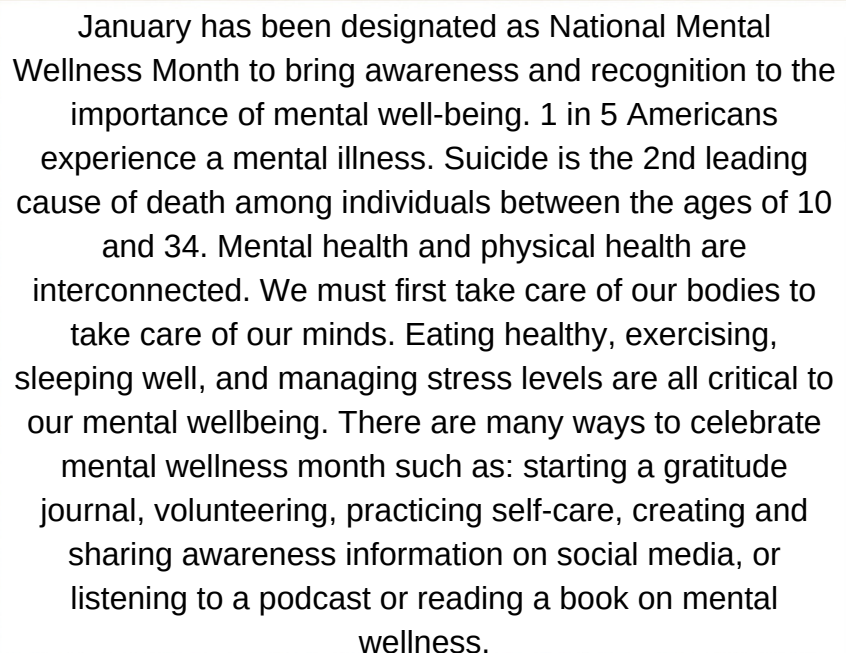
"Courage is the power of the mind to overcome fear."

"I have decided to stick with love. Hate is too great a burden to bear."

MLK holiday will be celebrated on Monday January 15, 2024

Mental Wellness Month

January is Mental Wellness Month. The World Health Organization defines mental wellness as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”



January has been designated as National Mental Wellness Month to bring awareness and recognition to the importance of mental well-being. 1 in 5 Americans experience a mental illness. Suicide is the 2nd leading cause of death among individuals between the ages of 10 and 34. Mental health and physical health are interconnected. We must first take care of our bodies to take care of our minds. Eating healthy, exercising, sleeping well, and managing stress levels are all critical to our mental wellbeing. There are many ways to celebrate mental wellness month such as: starting a gratitude journal, volunteering, practicing self-care, creating and sharing awareness information on social media, or listening to a podcast or reading a book on mental wellness.

DID YOU KNOW?

I Love
Natural Medicine

YOU CAN "REWIRE" YOUR BRAIN TO BE HAPPY
BY SIMPLY RECALLING 3 THINGS
YOU'RE GRATEFUL FOR EVERY DAY FOR 21 DAYS.

Gratitude & Brain Health

Over the past decades, researchers in mental health have established an overwhelming connection between gratitude and mental wellness. According to www.positivepsychology.com, when we express and feel gratitude our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, immediately enhancing our mood. By consciously practicing gratitude each day, we can help these neural pathways strengthen to create a permanent grateful and positive nature within ourselves.

"Gratitude is the healthiest of all human emotions."

-Zig Zigler

Join us!

Let's Talk: Supporting Youth Mental Wellness

Tuesday,
January 30, 2024 @
6:00 PM
Pelican Hall
605 US Hwy 98 Daphne



helping parents support their
youth navigating the mental
health crisis we are facing today

let's talk
it out ☆



Featuring expert speaker, David Chavers, PhD,
Licensed Clinical Psychologist with The University of
South Alabama Department of Psychology and Collins
Counseling & Associates as well as practical tips
from Nicole Persinger, founder of One More Moment, an
agency supporting parents of youth facing mental
health and behavioral challenges

Hosted by the Baldwin County Virtual
School