

Mental Health Matters

Everyone Has A Story



In This Issue

30 cheat codes for life that no one tells you:

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| 1. Wake up early – More time, less stress. | 1. Batch tasks – Multitasking is a myth. |
| 2. Make your bed – Small wins set the tone. | 2. Move your body – Walk, stretch, stay active. |
| 3. Drink water first thing – Hydration boosts energy. | 3. Have a go-to outfit – Saves decision fatigue. |
| 4. Plan your day – Avoid last-minute chaos. | 4. Break big tasks into steps – Easier to start. |
| 5. Use the 2-minute rule – Do small tasks immediately. | 5. Keep a small emergency fund – Life happens. |
| 6. Dress well – Confidence starts with appearance. | 6. Read daily – Knowledge compounds. |
| 7. Smile often – Changes your mood and others'. | 7. Keep snacks handy – Avoid energy crashes. |
| 8. Learn to say no – Protect your time and energy. | 8. Schedule social time – Relationships matter. |
| 9. Carry cash – Helps control spending. | 9. Use "do not disturb" mode – Guard your focus. |
| 10. Mute notifications – Avoid distractions. | 10. Listen to upbeat music – Instant mood boost. |
| 11. Use alarms/reminders – Stay on track. | 11. Limit screen time before bed – Sleep better. |
| 12. Take deep breaths – Calm your mind instantly. | 12. Smile when answering the phone – You'll sound better. |
| 13. Write things down – Memory isn't perfect. | 13. Use people's names – Builds connection fast. |
| 14. Use "undo send" – Saves you from email mistakes. | 14. Automate bills & savings – Avoid late fees, grow wealth. |
| 15. Listen more than you speak – Learn more, talk less. | 15. End your day with gratitude – Helps you sleep happier. |

Small hacks, big impact. Which one's your favorite?

@BeHumanBeKind

- Women's History Month
- Peer Helpers Conference
- Prevention & Support Spotlight
- Social Work Month & School Social Work Week
- Eating Disorders
- Developmental Disabilities Month
- Self Injury Awareness
- National Nutrition Month
- Brain Injury Awareness Month

Women's History Month

*Empowered
Women
Empower
Women*

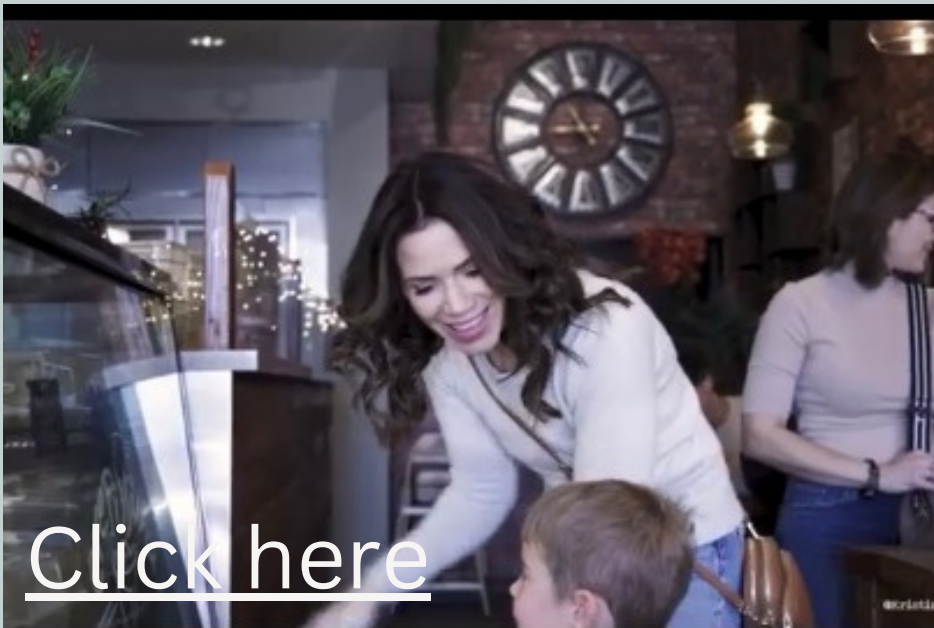


Since 1995, each president has issued an annual proclamation designating the month of March as “Women's History Month.” The National Women's History Alliance selects and publishes the yearly theme. The theme for Women's History Month 2025 is “Moving Forward Together! Women Educating & Inspiring Generations.”



JCMF Peer Helpers Conference

The Jennifer Claire Moore annual Peer Helper Conference took place last month in Orange Beach. Many of our BCBE teachers, counselors, social workers, and administrators attended the conference, some of which presented during the incredible sessions offered. The below powerful video was shared by one of the presenters. It is a profound reminder for all of us to practice empathy and compassion in our day to day lives as we truly have no idea what others are going through.



[Click here](#)

#BeKind

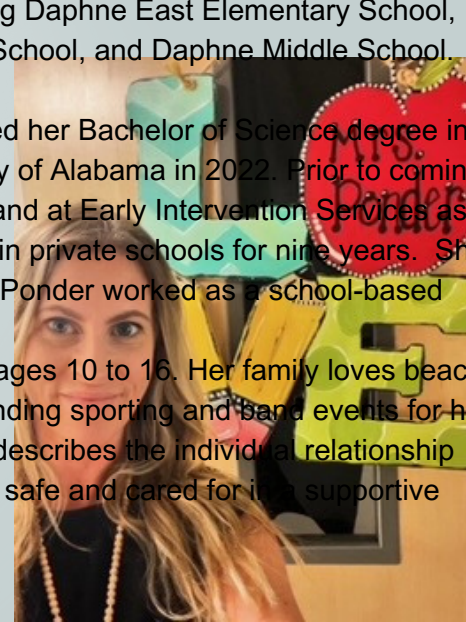
Prevention & Support Staff Spotlight

Mrs. Emily Ponder, LMSW

Mrs. Emily Ponder is the School Social Worker for the Daphne feeder pattern, serving Daphne East Elementary School, Daphne Elementary School, WJ Carroll Intermediate School, Bellforest Elementary School, and Daphne Middle School. This is her 2nd year with BCBE.

Mrs. Ponder grew up in Mobile AL and attended Spring Hill College where she earned her Bachelor of Science degree in Psychology in 2007. She later earned her master's in social work from The University of Alabama in 2022. Prior to coming to work with BCBE, Mrs. Ponder worked at Altapointe in Mobile as a case manager and at Early Intervention Services as a special instructor. Mrs. Ponder previously owned a business, Kindermusik, teaching in private schools for nine years. She also taught fitness classes at Barre3 in Mobile. After graduating with her MSW, Mrs. Ponder worked as a school-based therapist for Altapointe.

Mrs. Ponder is married to Matt Ponder and they have a blended family of 5 children ages 10 to 16. Her family loves beach days, family movie nights, and family game nights. She spends a lot of her time attending sporting and band events for her children. When asked what she loves most about being a school social worker, she describes the individual relationship building with students and their families. She explains that knowing the student feels safe and cared for in a supportive space in their school brings her fulfillment and has the most rewarding impact.



School Social Work Week

According to nationaltoday.com
School Social Work Week timeline

18th Century

The Revolution Of Social Work

Social work shifts from religious bodies and families to the responsibility of the state, establishing the social welfare system and professional social workers – as a result of the Industrial Revolution.

1907 - 1908

School Social Work Is Born

Visiting teachers help schools to improve attendance rates and build relationships between home and school.

1994

An Essential Element Of The Educational System

The U.S. government includes school social workers in the American Education Act.

July 1994

The Founding of S.S.W.A.A.

A national meeting in Edwardsville, Illinois, is held by 64 school social workers across the U.S. to form the School Social Work Association of America.

March is Social Work Month. The theme for 2025 is "Compassion + Action" The first week of March is School Social Work Week and this year's theme is "Unite to Ignite" Celebrating our Impact. Every school in Baldwin County is served by one of our twenty-four social workers, more than any other school system in the state of Alabama. We are fortunate to have each of them along with their wonderful leader, Ms. Sherry Rainbolt



Eating Disorders

Eating Disorders Awareness Week is celebrated annually in the first week of March. According to the National Institute of Mental Health, Eating Disorders include Binge Eating, Bulimia Nervosa, and Anorexia. Eating disorders are very serious and often fatal illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder. Eating disorders affect individuals of every race, gender identity, size, sexual orientation, and background.

Approximately 9% of the population is affected by eating disorders. About 26% of people with eating disorders attempt suicide. Each year, there is an average of 10,200 deaths worldwide directly related to eating disorders, which is one death every 52 minutes.

If you or someone you know is in a crisis and needs help immediately, text "NEDA" to 741741 to be connected with a trained volunteer at Crisis Text Line. Crisis Text Line provides free, 24/7 support via text message to individuals who are struggling with mental health, including eating disorders, and are experiencing crisis situations. Visit www.nationaleatingdisorders.org for more information.



DEVELOPMENTAL DISABILITIES MONTH

March is Disabilities Awareness Month. It was first declared in 1987 by President Ronald Reagan. The month is a time to raise awareness about the supports and rights of individuals with disabilities and to celebrate their contributions to their communities and society. According to the Centers for Disease Control and Prevention (CDC), developmental disabilities are defined as impairments in physical, learning, language or behavior areas, and include: Autism spectrum disorder, Cerebral Palsy, Attention Deficit/Hyperactivity Disorder, Learning or Intellectual disabilities, hearing loss, visual impairment, and other developmental delays.

Eunice Kennedy Striver founded Special Olympics in 1946 as a memorial to her older brother who was killed in World War II. The foundation has two objectives: to seek the prevention of intellectual disability by identifying its causes and to improve the means by which society deals with citizens who have intellectual disabilities. Eunice Kennedy Shriver had a sister, Rosemary, who suffered from an intellectual disability, which inspired her vision that if persons with disabilities were given the same opportunities and experiences as everyone else, they could accomplish far more than anyone ever thought possible. The Baldwin County Special Olympics will take place on April 4 at W.C. Majors Football Stadium,

**Special
Olympics**



www.specialolympics.org



March is Self-Harm Awareness Month. Non suicidal self-injury is any deliberate act of harm to one's body without the intention of suicide. It is often falsely stigmatized as an attempt to seek attention or manipulate. It is often a precursor to suicide, but not indicative of someone being suicidal. According to www.healthyplace.com, each year, 1 in 5 females and 1 in 7 males engage in self-injury and 90 percent of people who engage in self-harm begin during their teen or pre-adolescent years. Nearly 50 percent of those who engage in self-injury activities have been sexually abused. About 50 percent of those who engage in self-mutilation begin around age 14 and carry on into their 20s. Approximately two million cases are reported annually in the U.S.



#SIAD #selfharm

National Nutrition Month



Food Connects Us
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics sponsors National Nutrition Month annually during March to focus attention on the importance of making informed food choices and developing healthy eating habits. We should eat at least 5 portions of a variety of fruits and vegetables each day. An adult portion is 80g. Children ages 1-3 should consume 1 cup of fruit or vegetables each day while older children should consume up to 3 cups per day.

Brain Injury Awareness Month

March is Brain Injury Awareness Month. According to the CDC, there were approximately 223,135 TBI-related hospitalizations in 2019 and 64,362 TBI-related deaths in 2020. This represents more than 611 TBI-related hospitalizations and 176 TBI-related deaths per day. These estimates do not include the many TBIs that are only treated in the emergency department, primary care, urgent care or those that go untreated. Individuals age 75 and older had the highest numbers and rates of TBI-related hospitalizations and deaths, accounting for approximately 32% of TBI-related hospitalizations and 28% of TBI-related deaths. Males were nearly two times more likely to be hospitalized and three times more likely to die from a TBI than females. Children (birth to 17 years of age) had 16,070 TBI-related hospitalizations and in 2019 and 2,774 TBI-related deaths in 2020. Alabama is fortunate to have the extraordinary resources of the Alabama Head Injury Foundation and the Alabama Department of Rehabilitation Services which serves residents of Alabama who have suffered a spinal cord or head injury.



For more information, visit www.ahif.org and www.rehab.alabama.gov

