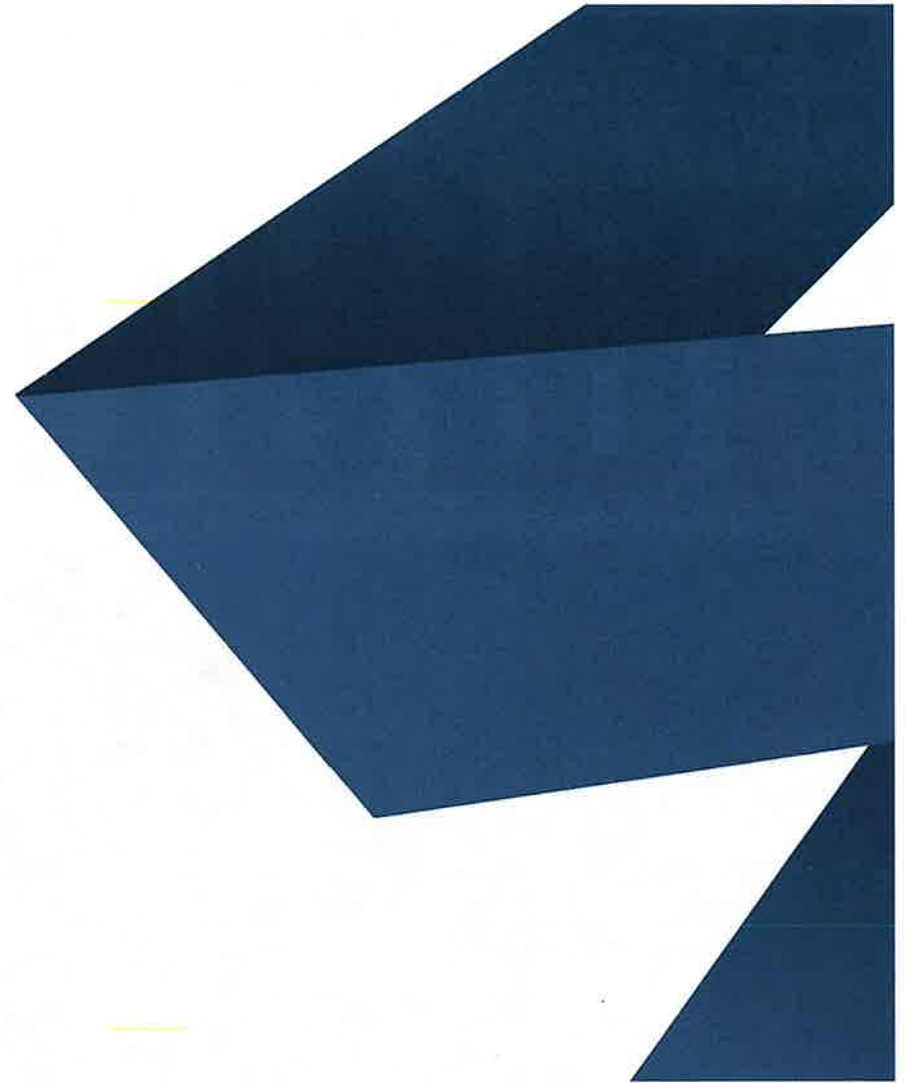


# **MMS Mental Wellness Month**





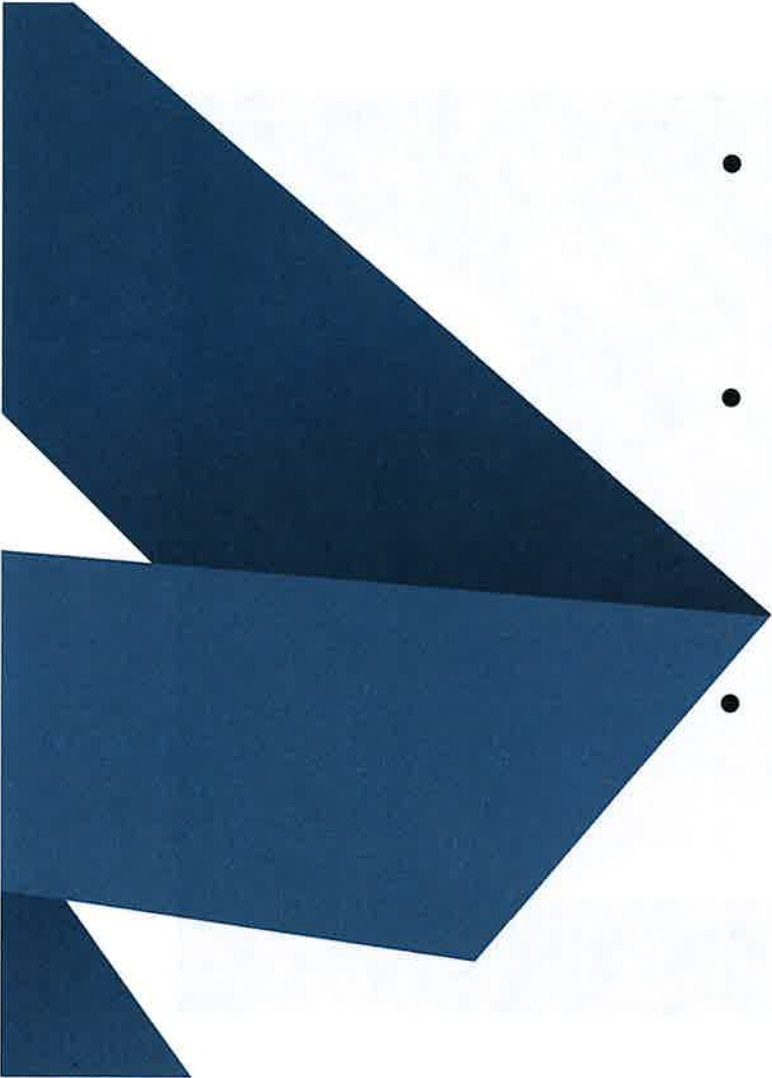
youth  
service  
bureau



**nami**

**National Alliance on Mental Illness**



- 
- **Make it Okay.** Increased understanding can help get rid of the negative stigma around mental conditions. People shouldn't feel like they have to hide their mental conditions from others.
  - **What is normal vs. when to ask for help.** For example, what is normal stress, and how does it compare to having anxiety? Or depression vs. just feeling sad? Kids (and parents) need to know how to recognize the difference.
  - **How to be mentally well.** It's no use teaching about the bad stuff if you don't know what to do about it. This theme will focus on the good instead of the bad, teaching ways to be "mentally well".

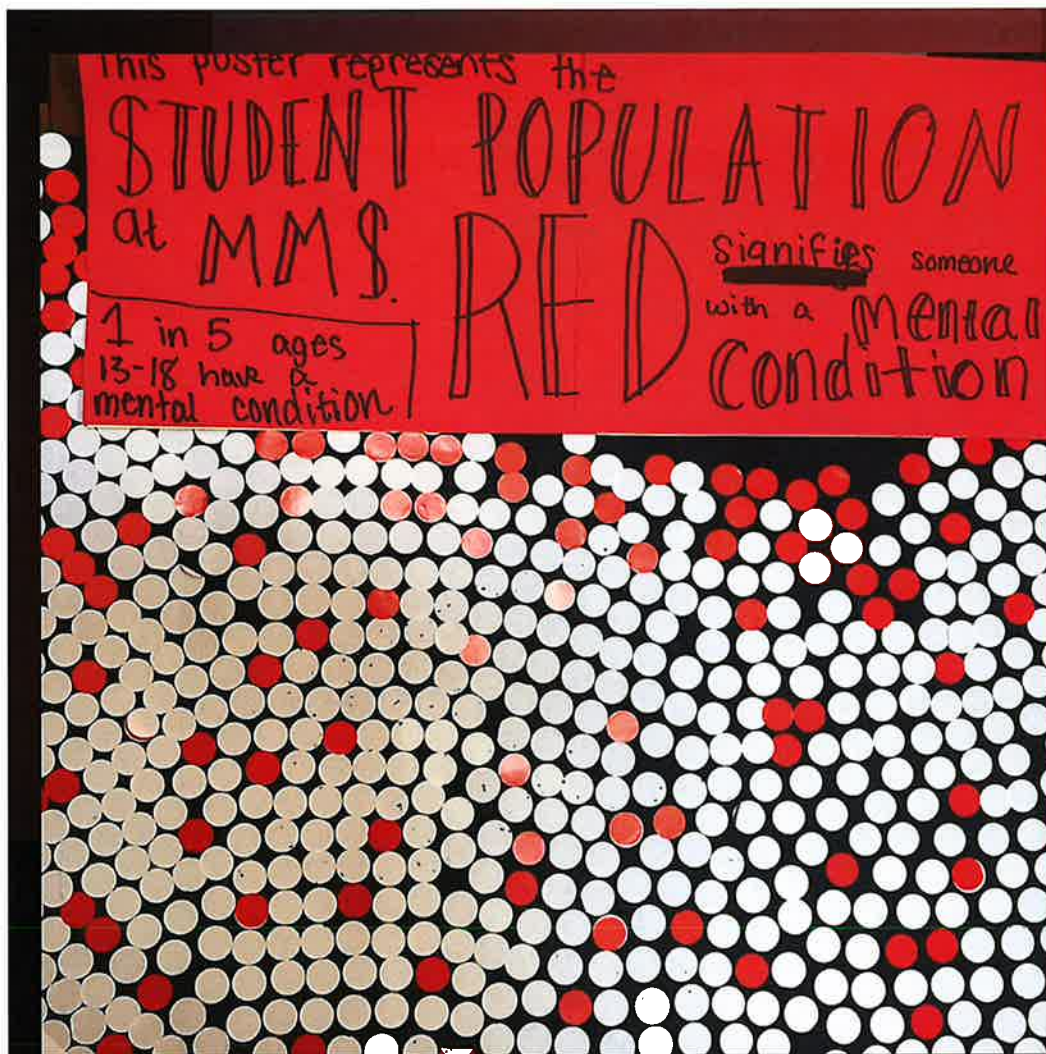


Short videos each week during Zephyr Time

- February 11: [Break the Stigma](#)
- February 18: [Stress vs. Anxiety](#) and [Depression vs. Sadness](#)
- February 25: [Lady Gaga](#) (from Grammy speech) and [I'm Fine - Teen Depression](#)







**1 in 5 kids ages 13-18 have been or will be diagnosed with a mental condition.**

**That's about  
180 kids at  
MMS!**

Mahtomedi Middle School  
**Mental Wellness Month**  
February 2019  
It's okay to talk.  
It's important to listen.



# You are NOT Alone

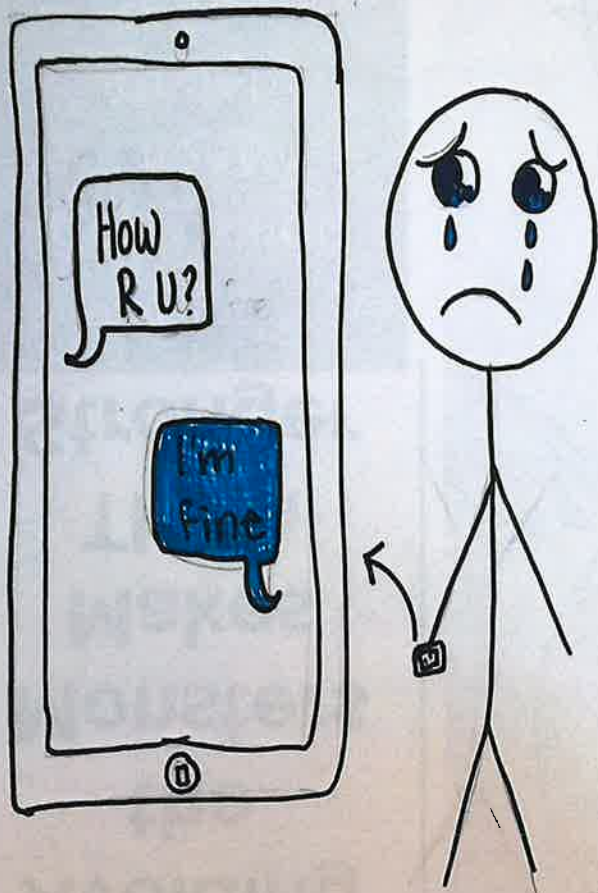
I wish I weren't the  
Only one with \_\_\_\_\_  
(OCD, ADHD, Depression, etc.)



20% of kids ages 13-18  
live with a mental  
health condition

Makhtomedi  
Mental Wellness Month  
February 2021





It is ~~OK~~  
to say you  
are NOT okay  
Talk to someone!

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Mental Wellness Month  
February 2019  
It's okay to talk.  
It's important to listen.

# Avoiding the Monsters Makes Them Stronger

Anger  
Depression  
Fear  
Anxiety  
Shame



# Mental Disorders Are **Not** ADJECTIVES

You look so  
Anorexic!

Quit being  
Psyco!

I'm so  
OCD!

Whats your problem?  
Do you have ADHD or  
Something?

You almost gave me a  
Panic attack!

**Don't say things that  
ignore the reality and  
difficulty of mental  
conditions.**

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It's important to listen.



## Positive post-it notes on lockers



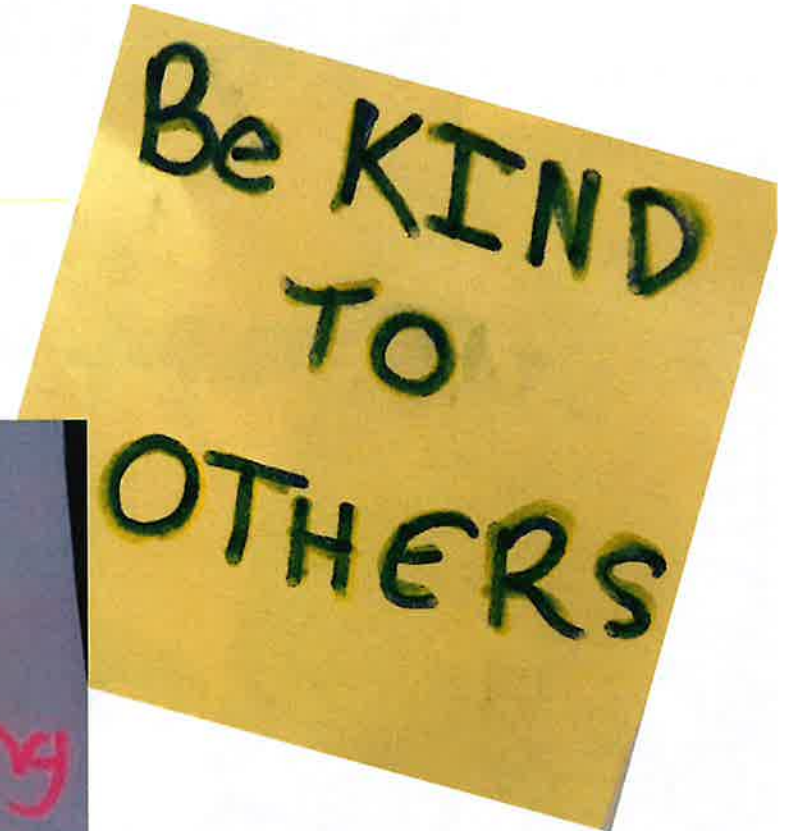
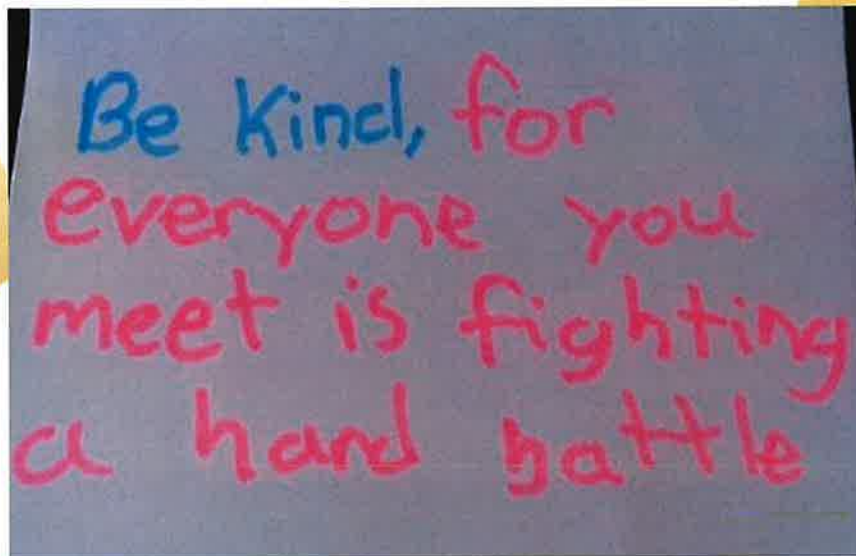
Middle School  
Business Month

February 2011  
It's okay to talk.  
It's important to listen.



# Why post it notes?

Positive and kind words can show support for others.



Mahtomedi Middle School  
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February 2019  
It's okay to talk.  
It's important to listen.

Be yourself.  
Everyone else  
is already taken.

Mahomed Middle School  
Mental Wellness Month  
February 2019  
It's okay to talk.  
It's important to listen.

Believe you can  
and you're halfway  
there!



If Plan "A"  
doesn't work,  
there are 25  
more letters.

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**Mental Wellness Month**  
February 2019  
It's okay to talk.  
It's important to listen.



## Other parts of Mental Wellness Month:

- **Mental Wellness Bingo Card** - any student can participate and be entered into a drawing for prizes!
- **Conversation Starters** in the lunchroom  
(*Would you rather eat a stick of butter or drink a cup of vinegar...?*)
- **After-school activities** - check out the Community Ed catalog and Washington County Wildwood library!
- **TV Displays** with awesome info



## MMS Student Survey (December 2018):

### 6TH GRADE:

1-2: 42%

3: 38%

4-5: 20%

### 7TH GRADE:

1-2: 25%

3: 35%

4-5: 40%

### 8TH GRADE:

1-2: 43%

3: 31%

4-5: 26%

#### Scale:

1 = NEVER feel stressed

2

3

4

5 = I am almost ALWAYS  
stressed

# Top stressors from MMS Student Survey

Academics: Getting good grades, academic demands, tests, homework

Fear of failure

Pressure to be the best

Too busy - overscheduled  
! Not enough downtime.

Pressure to fit in

## Student Questions

If I'm sad, what can I do about it?

What are signs of anxiety?

What are symptoms of depression?

### WHAT DO YOU DO IF NOTHING IS HELPING?

How can I get help?

Can anxiety hurt?

Is it normal to feel scared of forgetting homework?

How can I tell my mom and dad that I am depressed and have bad anxiety?

**Thank you!**

