



# Mental Health Awareness



## **SPIRIT WEEK** 5/23-5/27

Mental health is all about our well-being related to thoughts, feelings, and behaviors. This week we will be practicing good habits to take care of our mental health.

### Mellow Monday:

Wear comfy clothes or pajamas to school to mellow out



### Team up against stress Tuesday:

Wear your favorite sports jersey

### Wear Green Wednesday:

Wear green to spread mental health awareness



### Tie-Dye Thursday:

Colors are like emotions, they help us express ourselves

### RH Family Friday:

Show your RH family support wearing RH gear

