

CORE Butte Charter's
Mental Health Awareness Week
May 10th-May 14th

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

May is Mental Health Awareness Month. As a school community, we are choosing to utilize this week to celebrate Mental Health Awareness week. Each day of the week has a theme based on a character from Disney's *Inside Out*. Disney's *Inside Out* is a movie based on the emotions and feelings a young girl experiences during her move from her small hometown to a big city. The emotions and feelings are depicted as characters in the young girl's brain who are responsible for her actions. The characters are Anger, Disgust, Joy, Sadness and Fear. The moral of the story is our thoughts and feelings affect our behavior and actions. Learning how to cope with our thoughts and feelings will lead to being able to control our behavior and actions. Along with the character, each day will include an activity, also known as a coping strategy, that can be used to manage the feeling for that day. See schedule below for more information.

CORE Butte Charter School has many supports for those who are struggling with mental health. Colleen Hess is our School social worker and she can provide a space to talk and receive help with working out struggles. She can also provide resources. Please reach out if you would like more information. chess@corebutte.org

Monday

Sadness-wear something blue or something that makes you feel cozy.

Sadness can happen when we are hurt or lost. When we feel sad, we can ask for help or try to feel better all by ourselves. What are some things that bring you sadness? "Hygge" (pronounced hoo-ga) is Danish for "cozy". Feeling cozy can relieve feelings of sadness. Check out this [article](#) on Hygge. What makes you feel cozy? A hug, time with friends or a loved one?

Come paint or create essential oil play dough with the SEL team! Outside in the quad from 2-4 pm. Space is limited so please RSVP using this email corebutte.sel@gmail.com

Tuesday

Anger-wear something red or some comfortable walking shoes.

Anger is a strong emotion that can be hard to control sometimes. At times when we don't manage our anger, we can hurt others with our words or actions. When we are feeling angry

taking a break and walking away is a good way to calm our minds and bodies before we return and try again. Try this guided beach walk [video](#) to calm yourself or visit a local park and walk around to see if you start to feel better. ***Come paint or create essential oil play dough with the SEL team! Outside in the quad from 2-4 pm. Space is limited so please RSVP using this email corebutte.sel@gmail.com***

Wednesday

Disgust- wear something green or some exercise clothes.

Exercise day! Taking care of our physical health is one way we can take care of our mental health. Going for a hike in one of our local parks, running around your neighborhood, or visiting a local gym are some ways we can exercise our bodies to improve our physical health. Exercise can promote strength, endurance and positive energy. Taking care of our physical health also takes care of our emotional health. We have clearer minds and more energy to be self-aware and regulate our emotions. What can you do for exercise today? Try this [video](#).

Thursday

Fearful-wear something purple or a hat.

Fear is a powerful emotion and can be challenging to manage especially when our mind is tricking us to believe something is scary when it really isn't. Think about what you are afraid of and ask yourself if what you are afraid of is a real thing or just something your brain thought up. For example, some people are afraid to ask for help. Maybe people think they shouldn't need help or that the people we ask for help from will judge us. Oftentimes people feel we would burden others. This [video](#) explains how our brain processes fear. Sometimes our fears create anxiety check out this [video](#) on how to manage your anxious thoughts.

Friday

Joy-wear something yellow or dress like your favorite musician.

Joy is an emotion that is considered to be a happy feeling. Try listening to this Spotify playlist to see if the music brings you joy. Then try listening to the playlist when you are struggling to feel joy and see if it helps. [Spotify playlist](#)