



March Newsletter

NEIL REID HIGH SCHOOL

P. E. DEPARTMENT ACTIVITIES TO BOOST YOUR MOOD

- LISTENING TO MUSIC
- BAKING/COOKING
- GO TO A DOG PARK
- SINGING
- READING
- DRAWING OR SKETCHING
- TALK TO FRIENDS
- GO FOR A WALK
- TAKE A NAP
- GO OUTSIDE
- WORKOUT
- HELP SOMEONE
- COFFEE DATE WITH FRIENDS
- LAUGHING/DANCING
- SPEND TIME WITH FAMILY OR FRIENDS
- YOGA

NURSE'S STATION

TO COMBAT THE WINTER BLUES FOCUS ON KEEPING CONSISTENT HYGIENE PRACTICES THAT WILL BOOST YOUR MOOD AND WELL-BEING.

KEY HYGIENE STRATEGIES TO COMBAT THE WINTER BLUES:

•REGULAR SHOWERING-TAKE SHOWERS WITH WARM WATER AND USE SCENTS LIKE LAVENDER TO FEEL REFRESHED.

•PROPER ATTIRE-ALWAYS GET FULLY DRESSED, EVEN IF YOU'RE STAYING HOME, THIS CAN POSITIVELY IMPACT YOUR MOOD.

•HAIR CARE-MAINTAIN A REGULAR HAIR WASHING ROUTINE TO FEEL GOOD ABOUT YOURSELF.

•FACIAL HYGIENE- PRACTICE GOOD FACIAL CLEANSING TO FEEL CLEAN AND REFRESHED.

•ORAL HYGIENE- BRUSH YOUR TEETH REGULARLY AND FLOSS TO MAINTAIN GOOD ORAL HYGIENE.

•CLEAN ENVIRONMENT-DECLUTTER YOUR LIVING SPACE TO CREATE A SENSE OF ORDER AND CONTROL.

•SUNLIGHT EXPOSURE- OPEN CURTAINS AND BLINDS TO MAXIMIZE NATURAL LIGHT EXPOSURE WHICH CAN BOOST YOUR MOOD.

ANCILLARY CORNER

SUICIDE. ONE SINGLE WORD CAN EVOKE SO MANY THOUGHTS AND FEELINGS. ANXIETY, FEAR, SADNESS. IT IS NOT A WORD WE WANT TO SAY OR EVEN THINK ABOUT. AS HARD AS IT MAY BE TO DISCUSS SUICIDE, ESPECIALLY WITH OUR CHILDREN, IT IS THE THIRD LEADING CAUSE OF DEATH FOR TEENAGERS IN THE UNITED STATES. THE FOLLOWING ARE SOME WARNING SIGNS THAT MAY INDICATE YOUR CHILD IS STRUGGLING:

- TALKING ABOUT DEATH, SUICIDE, OR NOT BEING AROUND MUCH LONGER
- RECENT LOSS OF ANY KIND (DEATH, DIVORCE, MOVE, REJECTION, POOR HEALTH, SELF-ESTEEM, ETC.)
- FAMILY STRESS (PARENTAL CONFLICT, DIVORCE, UNEMPLOYMENT, ETC.)
- CHANGES IN MOOD OR BEHAVIOR (CRYING, FIGHTING, FEELING DEPRESSED OR HYPERACTIVE, RUNNING AWAY, STEALING, NEGLECTING SCHOOL WORK, TAKING INCREASED RISKS, ETC.)
- AVOIDING CONTACT WITH OTHER PEOPLE
- INCREASED (OR INITIAL) USE OF ALCOHOL OR DRUGS
- DECREASE IN PERSONAL CARE; CHANGES IN EATING OR SLEEPING HABITS
- ACQUIRING MEANS FOR SUICIDE (PILLS, GUN, ETC.)
- GETTING THINGS IN ORDER (WRITING GOODBYE LETTERS, GIVING AWAY FAVORITE POSSESSIONS, ETC.)
- SUDDEN CHEERFULNESS AFTER A BOUT OF DEPRESSION. MOST SUICIDES OCCUR WITHIN THREE MONTHS AFTER A PERSON'S "IMPROVEMENT"

WHAT TO DO IF YOU SUSPECT YOUR CHILD MAY BE THINKING ABOUT SUICIDE:

- TAKE IT SERIOUSLY.
- ASK THEM IF THEY ARE THINKING ABOUT SUICIDE.
- STAY WITH THEM AND STAY CALM.
- IF YOU FEEL LIKE THEY NEED IMMEDIATE HELP, CALL 911 OR A SUICIDE/CRISIS LINE.

CRISIS LINES 24/7:

- 988 (CALL OR TEXT)
- 586-307-9100 MACOMB COUNTY COMMUNITY MENTAL HEALTH
- [HTTPS://988LIFELINE.ORG/?UTM_SOURCE=GOOGLE&UTM_MEDIUM=WEB&UTM_CAMPAIGN=ONEBOX](https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox) (CHAT ONLINE)