

5 TIPS TO IMPROVE YOUR MENTAL HEALTH

by Beth Greenwood, MD

Regional Medical Director - VP Medical Affairs



GET OUTSIDE

Research shows that being in nature can increase energy levels, reduce depression and boost well-being.



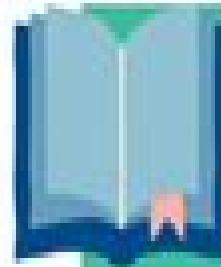
TURN OFF ELECTRONICS

Set aside time to unplug from your devices. Overuse can lead to anxiety, depression, and social isolation.



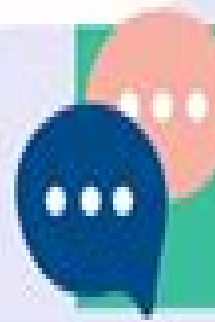
STAY ACTIVE

Exercise raises feel-good chemicals in the brain and improves sleep quality.



KEEP A JOURNAL

Taking time to reflect allows us to acknowledge and work through our emotions.



CONNECT WITH OTHERS

Spending time with friends and family has been shown to decrease stress.

Mental Health Tips Science Experiments Update

SJ Ball



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SAMHSA News ,2002 **Research in Education** ,1973 School, Family, and Community Partnerships Joyce L Epstein,2018-04-17 School Family and Community Partnerships Preparing Educators and Improving Schools addresses a fundamental question in education today How will colleges and universities prepare future teachers administrators counselors and other education professionals to conduct effective programs of family and community involvement that contribute to students success in school The work of Joyce L Epstein has advanced theories research policies and practices of family and community involvement in elementary middle and high schools districts and states nationwide In this second edition she shows that there are new and better ways to organize programs of family and community involvement as essential components of district leadership and school improvement THE SECOND EDITION OFFERS EDUCATORS AND RESEARCHERS A framework for helping rising educators to develop comprehensive goal linked programs of school family andcommunity partnerships A clear discussion of the theory of overlapping spheres of influence which asserts that schools families and communitiesshare responsibility for student success in school A historic overview and exploration of research on the nature and effects of parent involvement Methods for applying the theory framework and research on partnerships in college course assignments classdiscussions projects and activities and fi eld experiences Examples that show how research based approaches improve policies on partnerships district leadership andschool programs of family and community involvement Definitive and engaging School Family and Community Partnerships can be used as a main or supplementary text in courses on foundations of education methods of teaching educational administration family and community relations contemporary issues in education sociology of education sociology of the family school psychology social work education policy and other courses that prepare professionals to work in schools and with families and students Resources in Education ,1992-05 *Guide to the Literature in Psychiatry* Bernice Ennis,1971 Comprehensive handbook that lists and describes titles and resources available through the literature of psychiatry Intended primarily for psychiatrists in teaching training research and clinical application but also useful to relatedhealth personnel Chapters usually with annotated entries include psychiatric journals information sources books non book materials government documents controlled circulations translators and translations libraries and publishers General index **A Guide to Organizations, Agencies, and Federal Programs for Children** Joyce Lynn,1975 *Chronicle Financial Aid Guide* Chronicle Guidance Publications, inc,2004-09 **News Report** National Research Council (U.S.),1987 Willing's Press Guide ,1936 A guide to the press of the United Kingdom and to the principal publications of Europe Australia the Far East Gulf States and the U S A **Guide to U.S. Government Publications** ,2008-08 This comprehensive yet concise annual annotated reference source catalogs the important series periodicals and reference tools published by U S government agencies Over the years the index section of the Guide to U S Government Publications has expanded to more than 40 000 entries Agencies and titles are indexed

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