



# Mental Wellness Club Sponsors Newsletter

Mental Health Awareness  
March Calendar

## Spring Cleaning for the Mind tips:

### Break Bad Habits

- Tackle one habit at a time
- Choose a start date

### Eliminate Negative Thoughts and Speech

- Approach problems as opportunities
- Take positive action whenever negative thoughts enter your mind

### Clear Your Physical Space

- Give away one item each day
- Make a list of areas in your home and start with the easiest

### Cultivate Gratitude

- Make a list of things your'e grateful for
- Appreciate simple pleasures

### Develop Positive Friendships

- Commit to spending quality time together
- Offer encouragement

### Practicing Mindfulness

- Observe what you are experiencing without judging it as good or bad

### Month

- Self Harm Awareness Month
- Brain Injury Awareness Month
- National Developmental Disabilities Awareness Month

### Week

- Sleep Awareness Week (Mar. 14-20)
- National Drug and Alcohol Facts Week (Mar. 22-28)
- World Autism Awareness Week (Mar. 29- Apr. 4)

### Day

- Self-Injury Awareness Day (Mar. 1)
- Zero Discrimination Day (Mar. 1)
- International Women's Day (Mar. 8)
- World Sleep Day (Mar. 19)
- World Down Syndrome Day (Mar. 21)
- International Day for the Elimination of Racial Discrimination (Mar. 21)
- World Bipolar Day (Mar. 30)

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<http://mentalhealthservices.dadeschools.net>