

Mental Health Bulletin

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7 TIPS FOR BOOSTING YOUR MOOD

- Practice enjoying the present moment
- Regularly schedule time away from technology
- Make space for enjoyable activities and novel experiences
- Practice gratitude regularly
- Focus on relationships you find fulfilling
- Practice self-compassion
- Clarify your values and examine whether your life reflects those values

(Zarrabi, 2023)

THE POWERFUL WAY A PHYSIOLOGICAL SIGH CAN COMBAT ANXIETY

When you're feeling stressed or anxious, take two sharp inhales of breath, typically through the nose, followed by an extended exhale through the mouth. To get the full effect, repeat this breathing for 5 minutes. This helps to offload carbon dioxide as well as activate the parasympathetic nervous system, which has a soothing effect on the body. (Balban et al., 2023)

SELF-CARE FOR TEACHERS (PODCAST)

<https://open.spotify.com/episode/1wbRQJHmp2GXKSauvngMol?si=taDk6KjITo6WiT9QdYdYTww>

"I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

Psalm 121:1-2