

From the High School Clinic:
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NURSING NEWSFLASH

Did you know?

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Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

<https://www.samhsa.gov/mental-health>

What to do:

- Exercise regularly
- Get at least 8 hrs of sleep a night
- Acknowledge your feelings
- Eat healthy
- Take time for yourself
- Stay hydrated



Feeling Overwhelmed? Try this: 5-4-3-2-1

- Find **5** things you can **SEE**
- Find **4** things you can **FEEL**
- Find **3** things you can **HEAR**
- Find **2** things you can **SMELL**
- Find **1** thing you can **TASTE**

You are NOT
ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults
experience
mental illness

1 in 20

1 in 20 U.S. adults
experience serious
mental illness

17%

of youth (6-17 years)
experience a mental
health disorder