

DCIU Interconnected MTSS Framework January 2024 Awareness Campaign

Mental Health Literacy: Healthy Body, Healthy Mind

Social Media Resources

Below are sample social media posts around January's second awareness campaign of Mental Health Literacy, with a focus on physical fitness to support mental health. Research has shown that physical activity has a positive effect on mental health. Physical activity can impact mental health, behavior, attention and academic performance, and cognitive development. Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function.

This campaign includes a PSA in addition to social media posts about the connection between exercise and mental health. The YouTube link for the PSA is included below. DCIU will be posting this information across its social media platforms and is pleased to share this material with districts so that they may do the same.

Post #1: PSA



<https://www.youtube.com/watch?v=rBLeZKY5adw>

Healthy Body, Healthy Mind: The Power of Physical Health

Regular physical activity is more than just a way to stay fit. It's a key to unlocking a happier, healthier mind. Exercise releases endorphins, our body's natural mood lifters, reducing feelings of stress, anxiety, and depression. Physical activity connects us with others, builds confidence, and

helps us find balance in our lives. It's a journey towards a healthier body and a more peaceful mind.

Post #2:

There's a superpower we often overlook: EXERCISE. As adults, we know how a good workout can change our mood and outlook. But, it's just as magical for kids and teens. So, let's encourage our young ones to get moving! It's not just about physical health; it's a stepping stone to a healthier, happier mind.



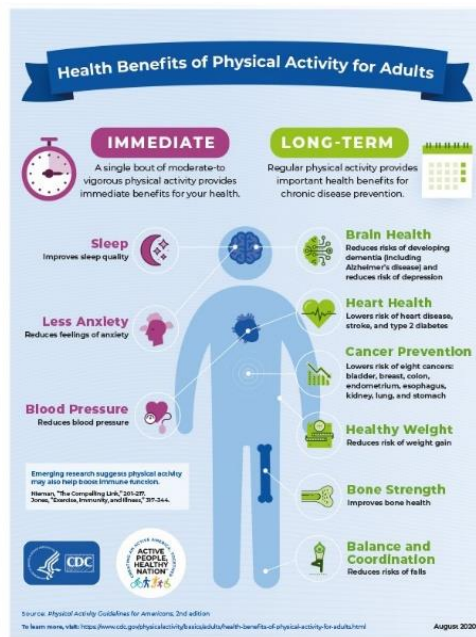
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Post #3

Did you know that physical activity is a key ingredient for a healthier life at any age with many health benefits?

- For children and youth, it boosts growth, development, confidence, and happiness; it enhances concentration for better learning; and it fosters social skills through team play.
- For adults, it reduces risk of chronic diseases, improves mood and mental health, and aids in maintaining a healthy weight.

Let's all commit to being more active! A brisk walk, yoga, a dance-off, or even a game of tag can make a huge difference in our mental and physical health.



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Newsletter Blurbs

DCIU is also pleased to provide these newsletter blurbs around the theme of mental health with an emphasis on the connection between physical activity and mental health, to be used in communications to your communities, whether through email, newsletters, blogs, or other channels.

For Families and Community:

Healthy Body, Healthy Mind: Unlock Your Potential with Balanced Living!

Hey there, young champions! Are you ready to embark on a journey towards a healthier you? It's time to embrace the mantra of **Healthy Body, Healthy Mind**. Here are some steps to guide you in doing so:

Fuel Your Body Right. Nutrition is key! Start your day with a balanced breakfast, snack on fruits, and hydrate with plenty of water. Remember, the food you eat is the fuel your body uses to grow and stay energized.

Stay Active and Agile. Whether it's a sport you love, dancing, swimming, or simply a daily walk, staying active keeps your body strong and your mind sharp. Take time to stretch throughout the day. Regular exercise boosts your mood, improves your focus, and helps you sleep better.

Rest and Recharge. Never underestimate the power of a good night's sleep. Rest helps your body repair and your mind to process the day's learning. Aim for 8-10 hours each night to wake up refreshed and ready to go.

Mind Matters. Take time to relax and unwind. Practice mindfulness or meditation to keep stress at bay. Remember, it's okay to ask for help if you're feeling overwhelmed.

Embrace these simple yet powerful steps and watch as your body and mind thrive together, creating a healthier, happier you. Let's make wellness a way of life!

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For Educators:

Healthy Body, Healthy Mind: Embrace Wellness in the Classroom

In our journey towards nurturing the next generation, it's essential to remember the profound connection between a healthy body and a healthy mind. As educators, we have the unique opportunity to foster an environment that values and promotes this synergy, benefiting both our students and ourselves.

Physical health is the foundation of learning. It is more than just freedom from illness; it's about cultivating a lifestyle that energizes and revitalizes. Let's encourage our students to engage in regular physical activities, be it through sports, dance, or simple playground games. These activities not only improve physical fitness but also enhance cognitive functions, leading to better concentration and memory.

Nutrition is fuel for the brain. Along with physical activity, a balanced diet is key to maintaining a healthy body and mind. Integrate lessons on nutrition into the curriculum and discuss the importance of a varied diet rich in fruits, vegetables, and whole grains.

Mental well-being is essential for learning. We must create a classroom atmosphere that supports emotional well-being. This can be achieved through mindfulness practices, stress-relief exercises, and open conversations about feelings and mental health. A supportive, empathetic classroom environment not only aids in reducing anxiety and depression but also fosters a more inclusive and productive learning space.

Leading by Example: Educator Self-Care. Let's not forget about our own well-being. A healthy, happy teacher is the best role model for students. We must prioritize our own physical and mental health and share our practices with our students. Our examples can inspire our students to adopt similar habits.

Together, let's build classrooms that champion the mantra of a **healthy body, healthy mind**, paving the way for a brighter, more wholesome future for our students.

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Resources

- American Psychological Association
<https://www.apa.org/topics/covid-19/children-exercise-strategies>



- **Childrens Hospital of Colorado** <https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/mental-health-benefits-exercise/>
- **Benefits of Physical Activity**
<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#:~:text=Benefits%20include%20improved%20thinking%20or,skills%20sharp%20as%20you%20age>