



The Warrior Mindset November 2020

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This Month's Issue

This is the second edition of Western Albemarle High School's mental health newsletter. Each issue will have a different focus and a theme as well as recurring sections. This issue will focus on the stigmas around mental health, but also has a collection of mental health resources. For more resources check out:

<https://zapadron.weebly.com/self-care.html>

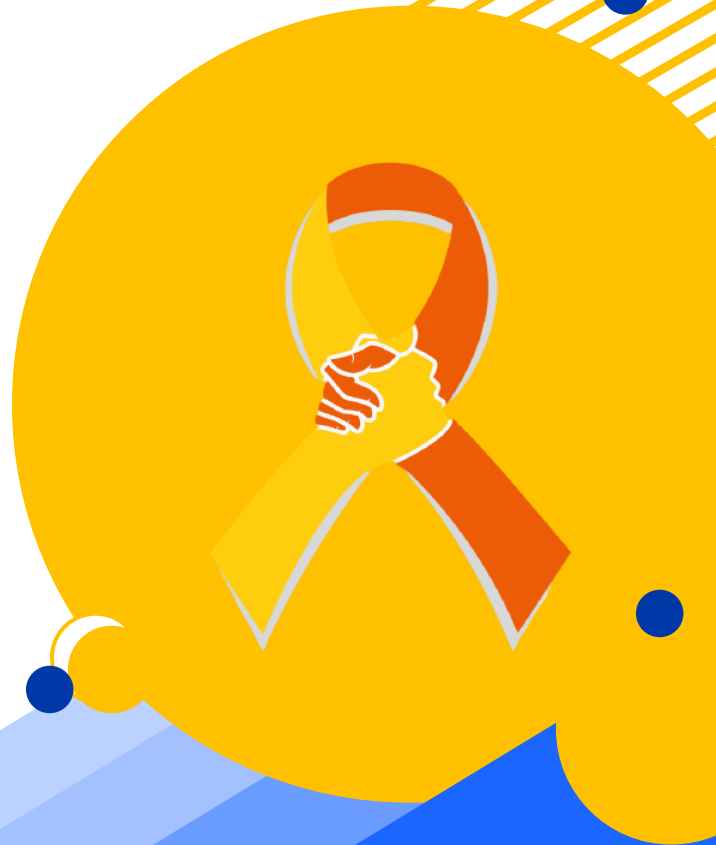
This newsletter is student run and aims to support the WAHS community. A new issue will be sent out every two weeks so be sure to keep a look out!

Mental Health Stigmas

Stigma is defined as a mark of shame or discredit. So, what does this mean when we are talking about mental health? Stigma is the social shame or discomfort that people feel when they talk about their mental health. When society has a negative stigma associated with talking about mental health it makes it harder for people to ask for and seek help.

Stigmas are rooted in social tradition. Over the course of decades our society has shamed people for struggling with poor mental health, creating a negative perception of these people. The good news? We now know more about mental health and are challenging these social stigmas.

If you are struggling to talk about mental health that is completely normal. It can be awkward, but just remember, embracing the awkward makes it easier for the next person to speak up.



Key Take Aways:

Having regular conversations about mental health takes the negative stigmas away and makes it easier for everyone to talk about mental health



The Warrior Mindset: The Stigmas Surrounding Mental Health

Check in with friends and family

Sending a quick text asking how someone is doing, and letting them know you are there for them can help someone immensely who is may be feeling alone right now.

Students Resources:

During school hours

Contact your counselor:

<https://tinyurl.com/yyjer5cq>

Region Ten Counselor:

Mrs. McGarry-
amcgarry@k12albemarle.org

Crisis hotline:

Text "Home" to 741-741

In Case of an Emergency:

Call 9-1-1

Report to your local hospital

Relaxation Center:

*Your go to place for quick
and easy videos to help you
relax*

<https://tinyurl.com/y2v9vquy>

<https://tinyurl.com/y5c2d7hx>

Having regular, open, and positive conversation about mental health can create positive changes in our community. Talking about mental illness can clear up misinformation and make the signs of poor mental health known.

When we talk, we learn, and can be better equipped to support others.

Talking with friends can help people find resources and help if they are struggling.

Teachers:

To our teachers,
We see that going online has put a lot of pressure on you. Don't put more pressure on yourselves with unrealistic expectations. You are human, and we understand that. If you need some more time on those grades now that we are online, that is perfectly okay. Take care of yourselves!

How to lessen negative mental health stigmas

- Learn about how mental health affects how people relate to the world
- Talk about mental health with friends and family
- When a friend wants to talk about their mental health, listen and engage
- If the topic of mental health or mental illness makes you uncomfortable examine those feelings and try to understand why that is
- Understand mental health is a part of all of our lives, and is just as important as our physical health.

Mental Health Minute:

Our schedules can get crowded quickly these days, and it can be hard to find time for ourselves. Block out 5+ minutes in your day to just sit, listen to music, mediate, or reflect on what you are grateful for.