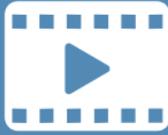


AIMS

Association of Independent
Maryland & DC Schools



DIGESTIBLES FOR DISTANCE LEARNING

Small Ideas for a Big Job!

Digestible #33

Mental Health Awareness Month Resources....

It's Friday! It's also **Mental Health Awareness Month** and golly that could not have come soon enough for all of us, could it? **Today's tips focus on the mental health support** that we all need to keep us looking up, looking forward, onward. Because so many of you expressed gratitude for the occasional poems we included last month, we'll keep that up on Fridays. Have a lovely weekend. Alecia at AIMS

VES 31-Day Mental Health Awareness Challenge! May 2020					
SUN	MON	TUE	WED	THUR	FRI
Express your creativity! Paint, write a song, or make...	Spend time with a pet or rehearse a skit/short play.	Take a tip in your hand. Imagine a happy place. Use...	Wash clean for Mental Health. Wash something green.	Take a moment to be grateful for everything you...	Find a way to smile. Watch a funny video or make a silly face.
					SAT
					Get a good night's sleep. No screens before bed or when waking up.
					Stay hydrated. Drink lots of water!

A Shared Mental Health Daily Challenge

Veterans Elementary School in Ellicott City has shared a **daily mental health awareness challenge** with its entire school. Each day has a hashtag for sharing online (#MindfulMonday, #ThankfulThursday) and an activity that can be done with family or individually. May 28th? **"Ask a friend how they are and REALLY listen."** Consider issuing a similar challenge for your class or school. You can even download and make a copy of this Google template and use it for yourself!

[Learn More](#)



Leading Through Anxiety

As educators, there's nothing new in having to be "on" when we're not feeling our best. We did that *on the daily* before COVID-19. However, this is a whole new level of not feeling our best. **How do you lead your school, your team, your classroom, your children when you are feeling overwhelmed or any other word that might arise here?** The *Harvard Business Review* recently shared a great article by Morra Aarons-Mele on how to inspire others when you're struggling yourself. What's especially cool about this article is that it features short audio clips with advice from experts in a variety of fields. Some samples include *Why Anxiety Has Been Called "The Shadow of Intelligence,"* *Becoming Your Own (Nonjudgmental) Detective* and *How Making Lists and Schedules Helps with Anxiety and PTSD.*

[Learn More](#)

Little Stones at My Window

for roberto and adelaida

Once in a while
joy throws little stones at my window
it wants to let me know that it's waiting for me
but today I'm calm
I'd almost say even-tempered
I'm going to keep anxiety locked up
and then lie flat on my back
which is an elegant and comfortable position
for receiving and believing news

who knows where I'll be next
or when my story will be taken into account
who knows what advice I still might come up with
and what easy way out I'll take not to follow it

don't worry, I won't gamble with an eviction
I won't tattoo remembering with forgetting
there are many things left to say and suppress
and many grapes left to fill our mouths

don't worry, I'm convinced
joy doesn't need to throw any more little stones
I'm coming
I'm coming.



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