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

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!
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 adelaída

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.

From "Little Stones at My Window" by Mario Benedetti.