



March Wellness

Black Gold Outreach School and Home-Based Education
Family Newsletter

MENTAL HEALTH MINUTE

Moving On Up

As our days get sunnier for longer, we all get a boost of endorphins. Endorphins are natural chemicals released in our body to help improve our mood.

There are many things we can do to help release endorphins, including:

- Exercising
- Eating your favourite food
- Being creative
- Listening to your favourite song
- Laughing with friends and family
- Reading a good story

Making a habit out of doing activities that boost your endorphins can help you to feel better when stressed, reduce pain, ease the symptoms of anxiety and depression, and improve self-image. Small changes to the things you choose to do can help to support your overall well-being.

MARCH CHALLENGE

Actively dedicate three times every week in which you engage in an endorphin-boosting activity

BOOKS ON MENTAL WELLNESS

Links to audiobooks included

Kindergarten - Grade 3: Brave Enough by Rob Justus

Grade 3 - Grade 7: Matilda by Roald Dahl

Grade 8 - Grade 10: Holes by Louis Sachar

Grade 8 - Grade 12: Simon vs. the Homo Sapiens Agenda by Becky Albertalli

JOKE OF THE MONTH

What do you call a bear caught in a spring shower?

A drizzly bear

