

# Counselor Corner

BRMS  
Bulldogs



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Edition

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Mental Health Awareness Month  
has been observed in May in the  
United States since 1949!



Click [here](#) to for more info. &  
helpful mental health  
resources!



Mother's Day  
is Sunday, May 9.

Let's give a shout out to **MOM!**

**Love & gratitude** are known factors in  
improved mental health.

Take time to honor the women in *your* life  
who have committed themselves to your  
betterment.

Whether it's your mom, grandma, aunt,  
sister, cousin, teacher or neighbor -  
take a moment to **acknowledge &**  
**offer gratitude** for their  
love & support.

Be thankful for everything that  
happens in your life; it's all an

**EXPERIENCE**



## Positive Changes to Improve Your Mental Health

Create new habits that give  
you renewed confidence.

Volunteer or help out to gain a  
sense of purpose.

Increase the amount of  
nourishing foods in your diet.

Unplug from technology and  
create space to just "be."

Maintain a consistent  
sleep schedule.

