## Counselor Corner

BRMS Bulldogs



May 2021 Edition

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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.

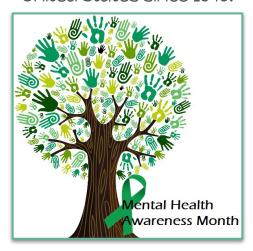


Be thankful for everything that happens in your life; it's all an

**EXPERIENCE** 



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



Click <u>here</u> to for more info. & helpful mental health resources!

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.

