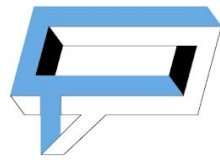


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THE COLLECTIVE
STUDENT EMPOWERMENT MONTH

Announcement 1

Did you know that May is Mental Health Awareness Month? Mental Health is a person's emotional, psychological, and social well-being. Our mental health affects how we think, feel, and act. Today let's take a moment to think about our own mental health, pause and breathe.

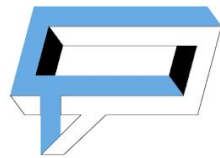


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Announcement 2

This month we are working to bring awareness to Mental Health. By bringing awareness to mental health we hope to break the stigma around mental health. Spreading the word that it's okay to talk about our mental health. Do you have someone you are able to talk to about your mental health? Talk to your teacher or mentor about resources we have here.



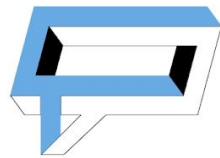
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Announcement 3

Taking care of our mental health means caring for our minds. One way we can do this is to relieve stress throughout the day by taking the time to breathe. You can do this. First pretend you are smelling flowers by breathing in deeply for 3 seconds. Hold that breath for 3 seconds. Then pretend you are blowing out a candle slowly by breathing out for 3 seconds. Let's try it together!

(Go through strategy giving directions while students participate)

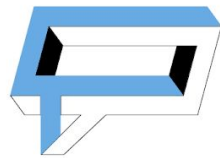


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Announcement 4

Did you know that you can improve your mental health by doing something little that makes you happy? This can be something as simple as wearing an article of clothing that makes you happy. Wearing your favorite tie or shirt can boost your mental health and start your day off in a positive direction!



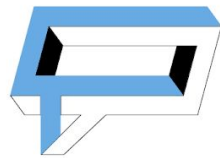
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Announcement 5

Everyone has mental health. Did you know you can help improve someone else's mental health? You can, it is as simple as smiling at someone when you pass them in the hallway.

It was once said: “We never know what someone is going through or what they’re struggling with. But we can know that we make a huge difference simply by being kind.” Go out there today and be kind!

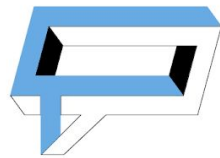


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Announcement 6

Do you like to draw or color? What about journaling? Studies show that taking time every day to draw, color, or journal can help improve your mental health. Today we challenge you to take five minutes to draw, color, or journal.

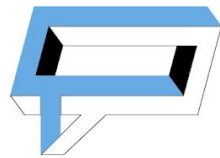


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Announcement 7

Stigma is defined as feelings of disapproval that a person or group of people have about particular condition, illnesses, or ways of behaving. Mental health can have a negative stigma for some. Be conscious of your language when it comes to mental health. Show empathy and compassion for those living with a mental health condition. Help us break the stigma about mental health.

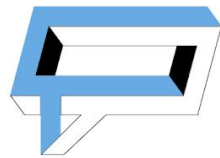


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Announcement 8

Movement of our bodies can help improve our mental health. Today we challenge you to get moving! Take a short walk outside on your own or with a friend. Just ten minutes of stretching or walking can do wonders for your mental health. If you can't make it outside try a virtual movement break there are a lot of resources online to help you get started moving.

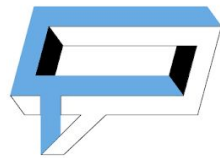


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Announcement 9

Studies show that music can help improve our mental health. Macklemore (a musician) said, “Music is therapy. Music moves people. It connects people in ways that no other medium can. It pulls heart strings. It acts as medicine.” What music do you listen when you want to feel happy?

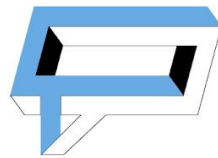


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Announcement 10

Mental Health Awareness is not only important in the month of May. Mental health is something we must continue to recognize, respond to, and nurture. Take care of you mental health. Remember you are not alone, reach out to someone if you are struggling with your mental health.



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Announcement

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