

# May is Mental Health Awareness Month



**The key to a healthy life is  
having a healthy mind.**

**Be Kind**   
**To Your Mind**



# BPUSD Mental Health Spirit Week

May 15-19



## Meditation Monday

wear blue  
to promote self-care

"It's okay to  
not be okay"



"Mental health  
is wealth"

## Team up Tuesday

wear your favorite  
team gear; team up  
against stigma

## Wellness Wednesday

wear green to promote  
awareness

"Be kind  
to your mind"



"Gratitude is the  
best attitude"

## Thankful Thursday

wear pink to support  
a positive attitude

## Feel good Friday

wear school colors to  
promote unity,  
"you are not  
alone!"

