

# Mental Health Month

MAY 2021



<https://drive.google.com/file/d/1yIRQngx9RKTxVZ2sLYfS8F5yMRFL2XqM/view?ts=60a286ef>

## JULIANA RIVERA

FIRST GRADE STUDENT AT CIELO VISTA CHARTER SCHOOL

### **Demonstrates | Demuestra** "How to Calm Your Anxiety" | "Cómo Calmar Tu Ansiedad"

"Hi my name is Juliana.

Today I am going to be teaching you how to calm your anxiety spot.

First, you have your hand and then you picture all of these anxiety spots.

Your palm is not your anxiety spot, it is your happy spot.

Use your finger and picture all your anxiety spots are going to your happy spot.

If it is too big, you breathe deeply in and out.

That's how you calm your anxiety spot.

Bye."- [Juliana Rivera](#)

"Hola, mi nombre es Juliana.

Hoy te voy a enseñar cómo calmar tu punto de ansiedad.

Primero, tienes tu mano y luego imaginas todos estos puntos de ansiedad.

Tu palma no es tu punto de ansiedad, es tu punto feliz.

Use su dedo e imagine que todos sus puntos de ansiedad se dirigen a su punto feliz.

Si es demasiado grande, inhala y exhala profundamente.

Así calmas tu punto de ansiedad.

Adiós "- [Juliana Rivera](#)



**BRANDI SCOTT**

ERMHS/WORKABILITY COORDINATOR  
CORDINADORA

"I love to go to the beach to relax and meditate, listen to ocean and feel the warmth of the sun. I also listen to music, spend time with my daughter, and ride my bike."

"Me encanta ir a la playa para relajarme y meditar, escuchar el mar y sentir el calor del sol. También escucho música, paso tiempo con mi hija y monto en bicicleta."

## MENTAL HEALTH BENEFITS OF DOGS

1. CULTIVATE COMPASSION AND EMPATHY
2. IMPROVE PATIENCE
3. CULTIVATE A SENSE OF RESPONSIBILITY
4. HELP ESTABLISH ROUTINES AND HABITS
5. PROVIDE COMPANIONSHIP
6. REDUCE ANXIETY AND DEPRESSION
7. KEEP YOU PHYSICALLY FIT
8. HELP YOU FEEL HAPPIER AND MORE OPTIMISTIC
9. GIVE UNCONDITIONAL LOVE

## BENEFICIOS PARA LA SALUD MENTAL DE LOS PERROS

1. CULTIVAR LA COMPASIÓN Y LA EMPATÍA
2. MEJORAR LA PACIENCIA
3. CULTIVAR UN SENTIDO DE RESPONSABILIDAD
4. AYUDAR A ESTABLECER RUTINAS Y HÁBITOS
5. PROPORCIONAR COMPAÑERISMO
6. REDUCIR LA ANSIEDAD Y LA DEPRESIÓN
7. MANTENERTE FÍSICAMENTE EN FORMA
8. AYUDARLO A SENTIRSE MÁS FELIZ Y OPTIMISTA
9. DAR AMOR INCONDICIONAL

### Mental Health Month 2021

May 24-28th



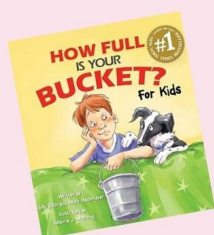
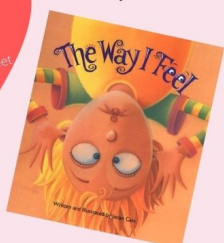
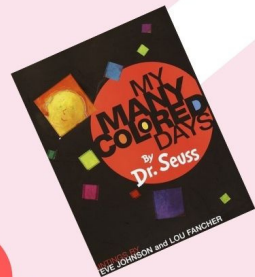
May is  
Mental Health  
Awareness  
Month

## Come Read With Me

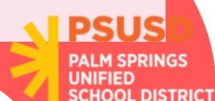
Hosted by:  
PSUSD's Mental Health Program & Lucy the therapy dog



Hi my name is Lucy and I am the district's therapy dog. I cannot wait to meet you!



- Discover the joys of reading while talking about feelings, kindness, mental health, with your students.
- PSUSD's Mental Health Program's therapy dog, Lucy, will be present during the reading.
- We will be using zoom for this special reading!



**LUCY**  
THERAPY DOG  
PSUSD MENTAL HEALTH  
PROGRAM

