



# MAY

## MENTAL HEALTH MATTERS

[IowaHealthiestState.com](http://IowaHealthiestState.com)

[#HealthyChoicesCount](https://twitter.com/HealthyChoicesCount)

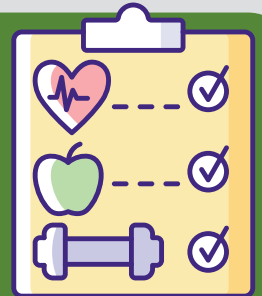
### DID YOU KNOW?

May is Mental Health Awareness Month and a good time to check-in with the mental well-being of your students, staff and yourself! Mental health is just as important as physical health, so make sure your staff wellness initiatives focus on the mind as well as the body! It's OK to talk about your mental health with someone you trust and it's OK to seek help.

### STRATEGY 9:

**Implement a staff wellness program that includes healthy eating and active living.**

- Who are your healthy role models?
- What initiatives does your program or workplace do to support healthy lifestyles?



### PROMOTE HEALTHY EATING AND HABITS THAT SUPPORT MENTAL AND PHYSICAL HEALTH!

Providing nutrition education for staff and students is key to a successful wellness program. It's important to teach students and team members about healthy habits so they can be empowered to support their own mental and physical well-being!

- Provide healthy options at celebrations, meetings, and outings.
- Provide healthy options in vending machines.
- Post signs about nutrition and healthy eating. Post signs on a healthy eating bulletin board and maintain content regularly.
- Host healthy eating challenges to encourage healthy choices at home.



### MAY IS MENTAL HEALTH AWARENESS MONTH

Find more Mental Health Awareness Month resources to help reduce stigma in your school or program this May at [MakeItOK.org/IOWA](http://MakeItOK.org/IOWA). Don't let the conversations stop there! Bring Make It OK into your wellness program year round to prioritize mental health for your students and team!



Healthiest State  
INITIATIVE



Health and  
Human Services

