



Mental Health Awareness Spirit Week



#mentalhealthmatters

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5/11</p> <h2>MONDAY BLUES</h2>  <p>Wear blue</p> <p>Feeling blue? it's ok to talk about it! Find a trusted adult. Talking helps. You are not alone!</p>	<p>5/12</p> <h2>BREAK THE Stigma</h2> <p>Replace shame with support!! Come get MENTAL HEALTH resources and JOIN us for a MENTAL HEALTH activity during lunch!</p> 	<p>5/13</p> <h2>INSIDE OUT</h2>  <p>All feelings are valid! wear your favorite "Inside Out" character color.</p>	<p>5/14</p> <h2>Wear GREEN</h2> <p>for Mental Health Awareness</p>  <p>#breakthestigma</p>	<p>5/15</p> <p>Beyond entertainment, theater serves as a form of "theater therapy" or "drama therapy," which uses the creative process to treat anxiety, depression, and trauma.</p>  <p>Portola Middle School's Performing Arts Program presents LIONEL BARTS Oliver! Directed by Jay Winnick Choreographed by Jayne Ava</p>



"NO MEDAL IS MORE IMPORTANT THAN YOUR MENTAL HEALTH"- SIMONE BILES

