



MAY 2024 ISSUE



JVHS Wellness Center Newsletter

◆ May is Mental Health Month



◆ **The Wellness Center is back open!!**

Perfect timing to support student's with the stress that can come from the end of the school year. Please feel free to refer student's using the link below.

[Staff Referral Form](#)

◆ The Wellness Center will be broadcasting upcoming events and news in the center on our WC TV!



In this newsletter you will find:

Updates, Mindfulness resources, and more. Keep Reading!



◆ May is Mental Health Month

WE WOULD LIKE TO SHOUT-OUT LINK CREW AND ASB FOR THEIR SUPPORT!

Link Crew and ASB students will be supporting “May is Mental Health” with their student campaign during lunch in the quad May 10th!

◆ The Garden

THE WELLNESS CENTER GARDEN IS ALMOST COMPLETE

There will soon be a peaceful outdoor space located over by the Wellness Center where students can come and practice mindfulness and grounding techniques in the open air.

◆ Mindful Activities

THIS IS A GREAT MONTH TO WORK ON BEING MORE MINDFUL

- Guided meditation: A practice of focusing and bringing awareness to present moment
- Mindful walking: A practice of noticing the body as it moves and the environment around you.
- Body Scan: A practice of bringing awareness to the body
- Mindful Eating: A practice of paying attention to the experience of eating, e.g., the flavors, textures, aromas, etc.
- Gratitude practice: When you notice the positive things in life and express your gratitude for them.