

5

SELF-HELP TIPS FOR YOUR

MENTAL HEALTH TOOLKIT

- 1 Take a step back and gain perspective
- 2 Go on a walk or change your environment
- 3 Enjoy healthy escapism through reading
- 4 Try a new hobby
- 5 Advocate for yourself

Vanessa Kingson

Tips Self Help

Rosina Ehmann



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web memorial day holiday half day for students june 1 2 2 3 2 3 half day for students end of 2nd semester last day of school teacher work day graduation dates 7 10 24 q4 final report cards 4 10 s schools and offices closed

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web feb 7 2022 spring break would be april 3 7 2023 the last day of school would be thursday june 8 for students and friday june 9 2023 for teachers graduation would be june 7 8 and 9 the agenda notes

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