



Mental Wellness Club Sponsors Newsletter

Mental Health Awareness
May Calendar

Mental Health Benefits of May Flowers

Flowers can improve anxiety

A 2008 study found that hospital patients who had flowers in their room felt less anxious. They were also more positive about their recovery and needed less post-operative care than patients without plants.

Flowers can help you sleep

The smell of lavender is proven to lower your heart rate and blood pressure, which will help you to relax. The more relaxed you are, the more likely you are to drift off into a restful sleep.

Flowers can improve your memory

Specifically, rosemary can sharpen your powers of recall.

Flowers can change your emotions with colors

We all associate colors with different moods.

Flowers can make you more productive

Studies have shown that offices with plants increase brain performance and encourage creativity.

Month

Mental Health Month
National Foster Care Month
National Maternal Depression Month
Women's Health Month
Borderline Personality Disorder
Awareness Month

Week

Screen Free Week (May 3-9)
National Mental Health Counseling
Week (May 10-16)
National Women's Health Week (May
9-15)
National Prevention Week (May 9-15)

Day

World Maternal Mental Health Day
(May 6)
National Children's Mental Health
Awareness Day (May 6)

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Visit Department of Mental Health Website for more
<http://mentalhealthservices.dadeschools.net>