

# Cafeteria Connection

MAY 2023

May is National Mental Health Awareness Month!

## How to take care of yourself and your family in May

1. *Get trained in Mental Health First Aid/Youth Mental Health First Aid.*  
Learn more here: [www.mentalhealthfirstaid.org/population-focused-modules/youth/](http://www.mentalhealthfirstaid.org/population-focused-modules/youth/)
2. *Talk about mental health with your family at the dinner table.*  
Talking about mental health reduces the stigma and increases the likelihood of your loved ones seeking treatment.
3. *Take care of your physical health too.*  
Nourishing your body enough with good foods and participating in joyful movements helps to improve mental health.

## Mental Health Activities for Kids and Teens

[www.businessinsider.in/insider-picks/news/8-mental-health-activities-for-kids-and-teens-from-making-music-to-exploring-the-great-outdoors/articleshow/94059903.cms](http://www.businessinsider.in/insider-picks/news/8-mental-health-activities-for-kids-and-teens-from-making-music-to-exploring-the-great-outdoors/articleshow/94059903.cms)

## What is Joyful Movement?

Joyful movement is an approach to exercise that includes moving your body in a way that you enjoy and not for the purpose of changing your body. Joyful movement may look different for everyone- it could be sports, yoga, swimming, walking, biking, dancing, or anything that makes you feel good inside and out!

*How to encourage joyful movement in children:*  
[www.fivelittledoves.com/lifestyle/7-ways-to-encourage-joyful-movement-in-your-children/](http://www.fivelittledoves.com/lifestyle/7-ways-to-encourage-joyful-movement-in-your-children/)

## May Holidays

- May 2 - Teacher Appreciation Day
- May 6 - National Fitness day
- May 13 - National Apple Pie Day
- May 14 - Mother's Day
- May 17 - National Employee Health/Fitness Day
- May 24 - National Asparagus Day
- May 25 - National Senior Health/Fitness Day
- May 29 - Memorial Day

## Eat with Mental Health in Mind:

- Stay hydrated
- Eat consistent meals and snacks to balance your hormones, and blood sugar, and avoid being hangry (hungry+angry)!
- Choose convenience when necessary. Convenience foods are just that- convenient! If utilizing convenience foods such as frozen fruits, canned veggies, minute rice, etc. help you to get a balanced meal on the table, then do it!

## Fruit Infused Water

### How to Infuse Water with Fruit

- Pick your favorite combination of fruits. You can also add herbs or veggies to enhance the flavors and nutrition.
- Add everything to a glass jar, or glass cup if just making one portion. With the back of a spoon, slightly press the ingredients against the side of the container to muddle them and release some of the flavors.
- Let sit for at least 30 minutes and up to 3 hours in the fridge.
- Add ice and enjoy!