



MINDFULNESS CAMPAIGN

POWERED SCHOOLS & AFTERSCHOOLS



DEAR SCHOOL,

We are committed to working with you to support the health and wellness of the students, staff, and parents. In the work that we do with you, we use a model from the CDC that is student-centered and focuses on the importance of supporting the connections between health and academic achievement. Each quarter we will be sharing toolkits with you on specific health and wellness related topics. These toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your student body, staff, and parents. Hang and post these materials throughout the halls of your school to raise awareness for the topics shared.

This quarter our focus is the topics: Social and Emotional Climate and Family Engagement. The toolkit will focus on mindfulness, mental health, and stress management. Due to the recent and significant increase in certain mental health disorders in our youth, one of the current priorities of the U.S. Surgeon General is youth mental health. One in six students has been found to have enough signs and symptoms of childhood mental health disorders, the most common being anxiety disorders followed by OCD and ADHD. Two factors that may contribute to mental health challenges in our youth are stress and food insecurity.

Since students spend most of their days in school, the school setting is a perfect opportunity to explore this topic. The aim of this campaign is to educate, encourage and support students in managing their stress using mindfulness techniques. Throughout this campaign, there will be opportunities for everyone--including students, staff, and parents/caretakers--to engage.

Best,

Nutrition Education Team
Community FoodBank of New Jersey





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WHAT IS MINDFULNESS?

The American Psychology Association defines mindfulness as “awareness of one’s internal states and surroundings. Mindfulness can help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.” It is important to note that mindfulness is a tool or practice to help support positive mental health but does not act as a prevention to or cure for mental health challenges.

Join us as we strive to implement mindfulness strategies to improve the overall wellbeing of students both inside and outside of school. Breath deep, exhale slowly, and get ready to feel more grounded.

Check out the following links to mindfulness activities that anyone can do.

- [Mindfulness for caregivers](#)
- [What is mindfulness](#)



SUPPORTING MENTAL HEALTH IN SCHOOLS

STATISTICS

- 1 in 6 students likely to have enough symptoms to meet criteria for 1+ childhood mental disorders
- Students receiving free/reduced lunch increased risk for poor mental health
- Most common mental disorder is Anxiety followed by ODD and ADHD

TIPS FOR HEALTHY MENTAL HEALTH



Physical Activity

Physical Activity has been shown to improve mental state by releasing dopamine



Eat Healthy

A balanced diet and plenty of water can help improve focus



Prioritize Sleep

Stick to a routine when it comes to sleep. Reduce blue light exposure before bedtime



Stay Connected

Connecting with Family and Friends for emotional support and practical help



HOW TO SUPPORT STUDENTS, STAFF & PARENTS

STUDENTS

- Link students to mental health services
- Building safe/supportive environments
- Integrate social emotional learning
- Review discipline policies to ensure equity

STAFF

- Wellness Programs
- Use Interpersonal Mindfulness Questionnaire (IMQ)
- Programs such as Coordinated School Health model (CSHM) and Whole School, Whole Community, Whole Child Model (WSCSS)

PARENTS

- Communicate openly and honestly
- Supervise adolescents to facilitate healthy decision making
- Engage in shared favorite activities

PREVENTATIVE STRATEGIES



STAYING CONNECTED TO FAMILY AND SCHOOL CAN HELP PROMOTE A POSITIVE MENTAL HEALTH ENVIRONMENT. STAYING CONNECTED CAN ALSO HELP STEER STUDENTS FROM VIOLENCE/ DRUG USE

FOR MORE INFORMATION VISIT:

[HTTPS://WWW.CDC.GOV/HEALTHYYOUTH/MENTAL-HEALTH/INDEX.HTM](https://www.cdc.gov/healthyouth/mental-health/index.htm)

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC6350815/](https://www.ncbi.nlm.nih.gov/pmc/articles/pmc6350815/)

[HTTPS://WWW.NIMH.NIH.GOV/HEALTH/TOPICS/CARING-FOR-YOUR-MENTAL-HEALTH](https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health)

A TAKE HOME APPROACH TO HEALTH AND WELLNESS

Caretakers have a powerful role in supporting children's learning, mental health, and emotional well-being at home and at school.

There are simple ways you can help support your child's mental health and emotional well-being in school and at home:

- Get involved in the health decisions at school
- Communicate with us! We'd love to know how we can help support your child individually.
- Try simple strategies at home like asking about your child's feelings, focusing on their strengths.
- Model positive coping skills to manage stress, like going for a walk.
- Be present and spend time doing shared activities with your child
- Practice family mediation and breathing activities



2023-2024

STUDENTS CHANGE HUNGER

• *Be the change in New Jersey* •

Students Change Hunger is a statewide competition open to students of all ages from preschool through college. This campaign empowers students to collect food and raise funds to help New Jersey residents that struggle with food insecurity.

SEPTEMBER 11, 2023 - JANUARY 12, 2024

HOW TO PARTICIPATE:

1. Designate lead parent/teacher/advisor from your school or organization
2. Visit cfbnj.org/studentschangehungers to:
 - Register your school or organization
 - Set up your online fundraiser
 - Print the toolkit
3. Start collecting food and raising funds
4. Deliver food donations to CFBNJ or arrange for an end-of-campaign pick up



For more information, contact Tim Winn at twinn-evans@cfbnj.org or 908-440-0322.

Follow us on Instagram @cfbnjteens



MENTAL HEALTH RESOURCES



ON OUR SLEEVES[®]
**MENTAL HEALTH
AMERICA**

**SUBSTANCE
ABUSE AND
MENTAL HEALTH
SERVICE**

**NATIONAL
SUICIDE
PREVENTION
LIFELINE**

**1-800-273-8255
(ENGLISH)**

**1-888-628-9454
(SPANISH)**

**1-800-799-4889
(DEAF OR HARD
OF HEARING)**

988 Suicide & Crisis Lifeline: The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. Call or text 988 to connect with a trained crisis counselor.

Crisis Text Hotline: if you're in a crisis, you can text HOME to 741741 to connect with a crisis counselor. You can also message them on Facebook. The Crisis Text Line website has valuable information about coping with challenges such as emotional abuse, the coronavirus, and depression.

Disaster Distress Helpline: The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, 7 days a week. Call or text 1-800-985-5990.

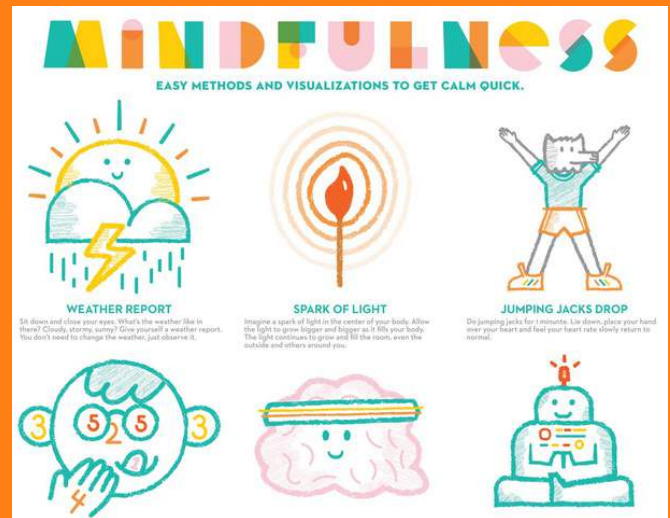
Find a support group or program: Talking with people dealing with similar issues can help a lot. Since they've "been there" and are doing the work to heal and recover, they can be a great support system. For more information, visit:

Trevor Project: National hotline to provide confidential support to those in crisis and their loved ones. *National hotline, and website chat features dedicated to providing crisis support to LGBTQ youth.* 1-866-488-7386

Mental Health America: Mental Health America offers a variety of resources, such as Self-Help Tools. These include mental health screening tools and worksheets that can help ground you, help you plan for and make positive changes in your lifestyle, and take control of risky behaviors.

MINDFULNESS RESOURCES

- [Mindful Meditation Recordings](#)
- [Mindfulness Resources for Teachers](#)
- [Mindfulness Activities for Students](#)
- [School Mental Health Resources](#)
- [American Psychological Association](#)
- [Mental health symptoms in school-aged children in four communities](#)
- [Calm as the Ocean](#)
- [Momentos Mágicos de Calma](#)
- [Printable Mindfulness Posters Link \(click images to access links\)](#)



5 Stress Management Techniques for Students

- 1. Be Empathetic**

It is important to practice empathy both toward yourself and toward others. By maintaining a social awareness, you can form bonds with others and help create a positive environment.
- 2. Stay Organized**

Maintaining an organized environment can make your life seem more manageable and your goals more attainable. Try keeping a planner, setting SMART goals, or another form of organization that works for you.
- 3. Catch up on Some Zzz's**

Maintaining a healthy sleep schedule is often an overlooked aspect of self care. Try waking up and going to bed at the same time, shutting off electronics before bed, and getting 7-9 hours of sleep every night.
- 4. Find a Helping Hand**

Practice self-care by forming positive and supportive relationships. Whether it's your friends, parents, or favorite teacher, having the ability to turn to your supportive network can help you manage stress in a healthy way.
- 5. Practice Mindfulness**

Meditate, and breathe. Try paying more attention to your thoughts, feelings, and actions. Practicing mindfulness and self awareness can help you manage your goals in a non-judgemental way.

Let it RAIN pig feelings.

R Recognize
Recognize that you are experiencing a BIG feeling.

A Allow
Allow yourself to feel the BIG feeling. It is okay to feel that way.

I Interrupt
Interrupt your BIG Feeling by doing something new, distracting yourself or talking to someone about it.

N Next Steps
Focus on what you need to do next. Give yourself a hug and move on.

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A MINDFUL MINUTE

- 5.** Take 5 deep breaths.
- 4.** List 4 things you can see around you.
- 3.** List 3 things you are grateful for.
- 2.** Say 2 positive statements about yourself.
- 1.** Name one thing you are looking forward to today.