

#wildcatsthiveinside



May is
Mental Health
Awareness
Month



@ArundelSigAACPS

Hey wildcats.....

Taking care of yourself, your friends, and your family can help you thrive while you are inside.

Here are some links to resources:



Be kind to your mind:

- [Be Mindful](#)
- [Find ways to cope with stress](#)
- [Apps for sleep, anxiety, and stress](#)



Be kind to your body:

- [Evolve Connect Videos](#)
- [Be Your Best Self](#)