

Bowie Youth and Family Services

Social Distancing Newsletter

MAY IS CHILDREN'S MENTAL HEALTH MATTERS MONTH!

Learn More about
Maryland's Campaign

CHILDREN'S MENTAL HEALTH
AWARENESS

Celebrate Children's
Mental Health with us
join our Chalk Art
Festival.

CHALK ART FESTIVAL



Gratitude: the quality of being thankful! Many studies have been conducted on the benefits of gratitude and what most of them show is that a daily practice of gratitude is good, not only for our mental health, but our physical health as well. Practicing and being ready to show appreciation and returning kindness is one of the easiest things to do daily.

Try one of these simple activities:

- ✓ Create a Gratitude Journal – the act of writing can solidify your grateful heart!
- ✓ Keep a Gratitude Jar – write your thankfulness on a strip of paper and keep it in a jar or any container you have on hand, have fun decorating it!
- ✓ Just smile 😊 smile at yourself 😊 smile at your pet 🐢 smile at the your mail carrier 📧



Bowie Youth & Family Services is here to support you! Find resources on our [website](#) or contact us at 513-817-3158 to speak with a crisis counselor, M-Th, 8:30 a.m. - 9 p.m. and F, 8:30 a.m. - 5 p.m.