

DECEMBER
MONTHLY ANNOUNCEMENT RESOURCE GRADES 6–12

YOUR MIND MATTERS
NUTURE IT DAILY



Announcement #1:

Did you know that a good laugh can help fight off stress. Have fun together with your friends and family by watching a movie together or playing a game. A smile and laughter are sometimes all you need to reset your mood.



Announcement #2:

This sounds simple but did you know that going outside for a walk and getting some fresh air will help clear your mind and boost endorphins. Endorphins are the natural “feel-good” brain chemicals. Being physically active can help you burn off the energy generated by stress. When are you going for your walk today?



Announcement #3:

It is important to have hobbies and interests to help you relax. These might include reading, playing a musical instrument, team sports, volunteering, or spending time with your pet. What are some of the things you do to help you relax?



Announcement #4:

Did you know that planning your day can help ease your stress and worry. Use a calendar or an app on your devices to fill in your school assignments and tests, make sure to add your activities too. Don't forget to block in times to do things you enjoy. Having a plan and daily routine is one of the ways you can help reduce stress.



Announcement #5:

Did you know that our school is full of people who care about you. Ask for help when you need it. Teachers, family, and friends can be good people to reach out to when you need help or just someone to talk to. Start by going up to them and say, "Can we talk for a minute?" Remember, talking with someone can help you explore your emotions and give you a fresh way of thinking about things.



Announcement #6:

Did you know that stress melts away when you're exercising, playing a sport, or dancing to your favorite music. Exercise is a way to manage stress and make your mood more positive. What activity are you going to do today?

