



Seeing Through Someone Else's Eyes:

***Understanding Mental Health Shows
Up Differently For Everyone***





Hey Saints,

As we head into the holiday season, it's important to take a moment to reflect on our mental health and the impact it has on our lives and relationships. The infographics you're about to see were created by your peers to share key insights from powerful articles on this topic. These resources are designed to help you better understand mental health, recognize warning signs, and find ways to support yourself and others. The holiday break can be a challenging time for many, but by staying informed, seeking support when needed, and treating one another with kindness and care, we can create a safer and more supportive community for everyone. Let's make this break a time for growth, rest, and connection—stay safe and look out for one another!

—Ms. Pitts and the Class of 2025

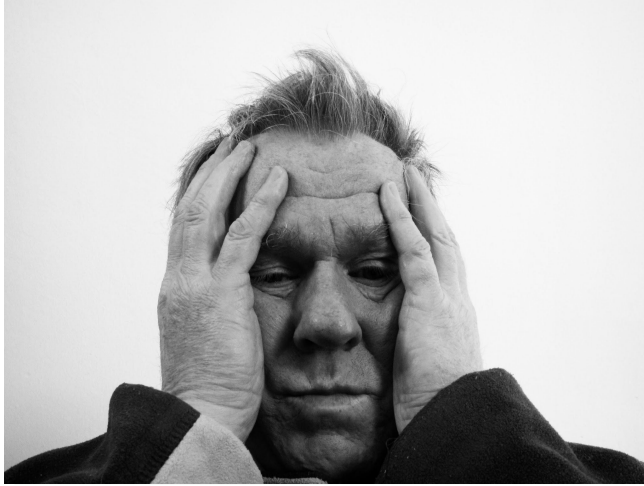




Reflections on Article 1:

*D. Watkins and Nia Johnson: Not
Just Surviving, but Thriving*

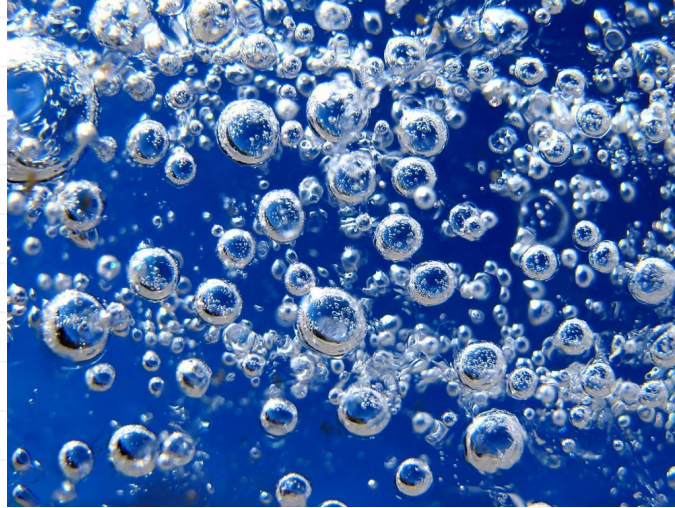




"It's imperative that we take the context of society, the neighborhood, and the oppressive systems that are impacting this person."
– Nia Johnson

This quote is important because people's struggles are often influenced by their environment and unfair systems, not just their own actions. By understanding the bigger picture, we can create fairer solutions and help people more effectively.

“For those of us with certain privileges, it takes us stepping out of our bubbles to understand what’s going on with other folks.” Nia Johnson



Moral imagination is the ability to think about what is right and wrong by imagining how your actions affect others. It's important because it helps us make choices that are kind and fair, even in tricky situations.



TENSION BETWEEN SURVIVING AND THRIVING

THRIVING IS DONE WHEN YOU HAVE THE SPACE TO IMAGINE, THE SPACE TO REFLECT, AND THE FREEDOM TO GROW INTO YOUR FULLEST POTENTIAL.

NIA DISCUSSES THE IMPORTANCE OF GIVING SPACE FOR SELF-AWARENESS AND REFLECTION. WHEN YOU TAKE TIME TO REFLECT ON YOUR ACTIONS AND EXPERIENCES, YOU CAN BETTER UNDERSTAND YOURSELF AND THE CHOICES YOU MAKE. THIS PRACTICE HELPS YOU GROW, MAKE THOUGHTFUL DECISIONS, AND STAY ALIGNED WITH YOUR VALUES.



Building meaningful connections and spreading kindness are some of the most valuable ways to make the most of our time together.



Reflections on Article 2:

Young Palestinians Face a
Steep Toll on Mental Health

The mental health struggles in Gaza remind me of how we felt after the tornadoes hit Selma—overwhelmed, scared, and unsure of what would happen next. Just like us, they face the challenge of rebuilding their lives while dealing with deep emotional pain.

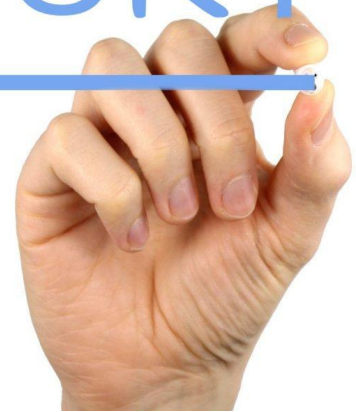


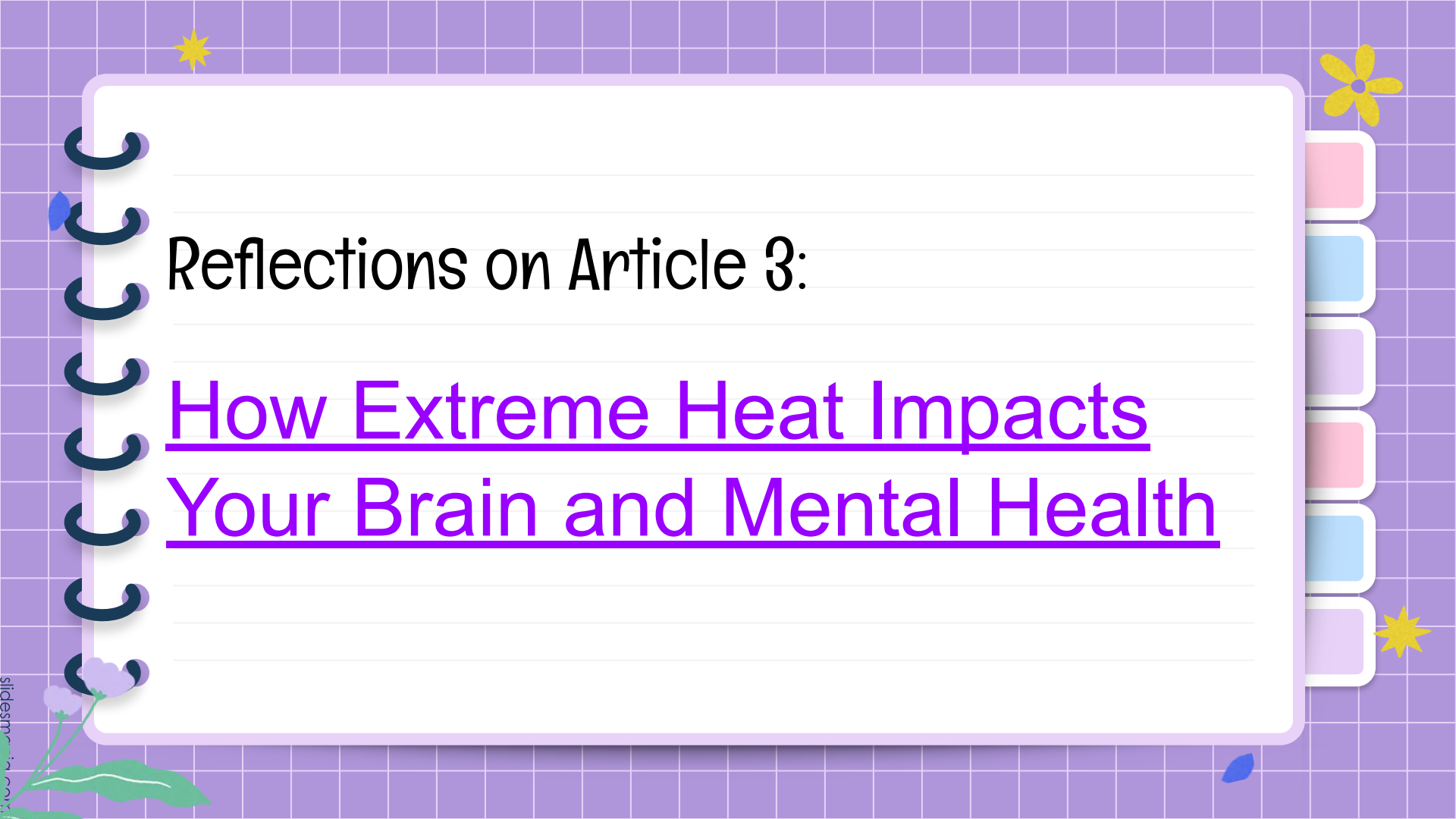
PTSD Among Palestinians

For Palestinians dealing with PTSD, finding support within their community is essential to coping with the ongoing challenges they face. Just like in our own community after tough times, leaning on each other for strength and understanding can make a big difference in healing and moving forward.

The destruction and loss of life in Gaza have caused a lot of pain and stress for the people living there. Many need support to deal with the sadness and trauma from losing their homes and loved ones.

SUPPORT





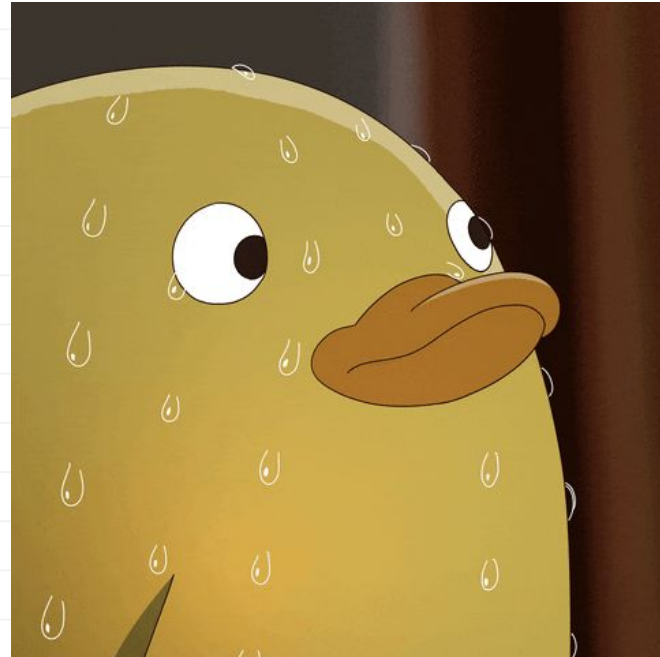
Reflections on Article 3:

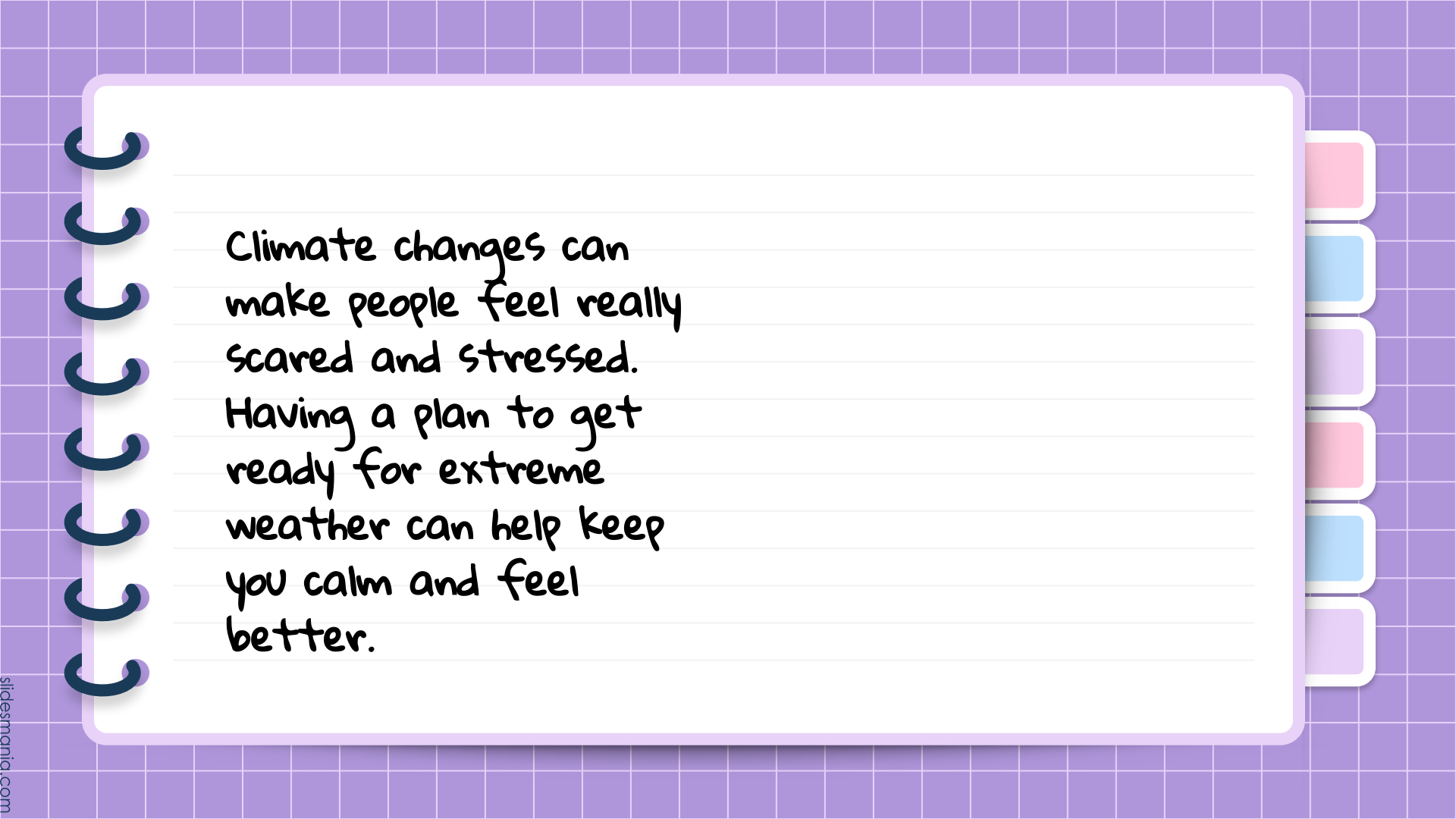
How Extreme Heat Impacts
Your Brain and Mental Health

Over the break, try practicing mindfulness and stress-busting techniques like deep breathing during heatwaves. Keeping cool can help you stay calm and manage anxiety caused by the heat.



This article talked about how extreme heat can make it hard to sleep, leading to memory problems, lack of focus, and feeling cranky. To make a sleep-friendly space during heatwaves, use fans, blackout curtains, and other cooling strategies to help protect your mental health.





Climate changes can
make people feel really
scared and stressed.
Having a plan to get
ready for extreme
weather can help keep
you calm and feel
better.

This article spoke about extreme heat not only affecting our mood butow it also worsens mental health outcomes in vulnerable populations.

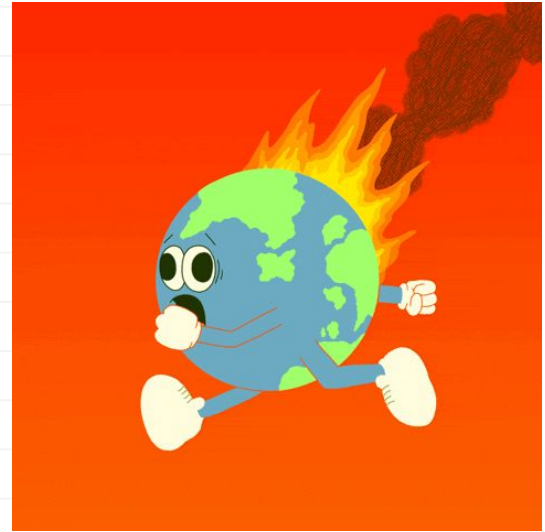
**DO 😊😊
SOMETHING
FOR YOUR
MENTAL 😊
HEALTH
TODAY!**

Feeling stressed? Go to the pool, take a cool shower, or go to a cool place. You all know its Selma. Its always hot

Climate Psychiatry

The thing that stuck out to me the most was climate psychiatry.

Climate Psychiatry is the study of how climate change affects our mental health. It looks at how things like extreme weather, stress, and worry about the future can make us feel anxious or depressed.



TRIGGER WARNING

MENTAL HEALTH AND SUICIDE



Reflections on Article 4:

Conversations With Sydney
Episode 3: “How the New 988
Hotline Works”

The logo for the 988 Suicide & Crisis Lifeline is centered at the top. It consists of a dark blue rectangular box with a white border. Inside the box, the number "988" is written in a large, bold, white sans-serif font. To the right of "988", the words "SUICIDE & CRISIS" are written in a smaller, white, all-caps sans-serif font, and below that, the word "LIFELINE" is written in a larger, bold, white, all-caps sans-serif font.

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

The **988 Suicide & Crisis Lifeline** is a free hotline available 24/7 across the United States, offering support for anyone experiencing mental health crises, or suicidal thoughts. By dialing **988**, you are connected to trained counselors who provide immediate assistance, crisis intervention, and resources.

Please reach out if you need help over the holidays.



Be safe!

See you in January