

MHAFC Mental Health Month Toolkit for 2024

Spreading Hope That Recovery Is Possible



Activities and Displays to Celebrate and Implement at your Workplace, Business, or Organization

For Youth

- [Butterfly Breath](#) (from DMH + UCLA Wellbeing for LA Learning Center)
- [Butterfly Mindful Movement Craft](#)
- [Your Story Matters Graffiti Butterfly Mural](#)
- [Butterfly Template: \(for sidewalk chalk art\)](#)

For Businesses

- [Morgan's Message Butterfly Coloring Sheets](#) (print these out, ask customers to color and display on a bulletin board or in storefront window)
- [Butterfly Gratitude Chain/Garland](#)
- Positivity Wall (see example [article](#))

For Older Adults

[Butterfly Craft for Dementia Patients](#) (from Crossroads Hospice)

For the Workplace


[Workplace Wellness](#)

For Community


- Donate to the Mental Health Association of Fauquier County for [Give Local Piedmont](#) on May 14th to support or mental health and substance use efforts
- Write a letter to the editor on why you think Mental Health Month is important
- Gather friends and attend any of our [upcoming classes or events](#)
- Buy butterfly cookies at Haute Cakes on Main St in Warrenton
- Buy butterfly earrings for yourself or a friend at Warrenton Market or Mister French
- Check out our interactive "Reclaim Your Wings" display at DejaVu-post a pic on social media with the tag **#mhafauquier**
- Get a butterfly tattoo at The Painted Fox on Walk-in Wednesdays
- Get a one-of-a-kind butterfly print by artist Taylor Boyd at her studio (7 N 5th St., Warrenton)
- View our awareness displays and mental wellness themed books at any Fauquier County Public Library



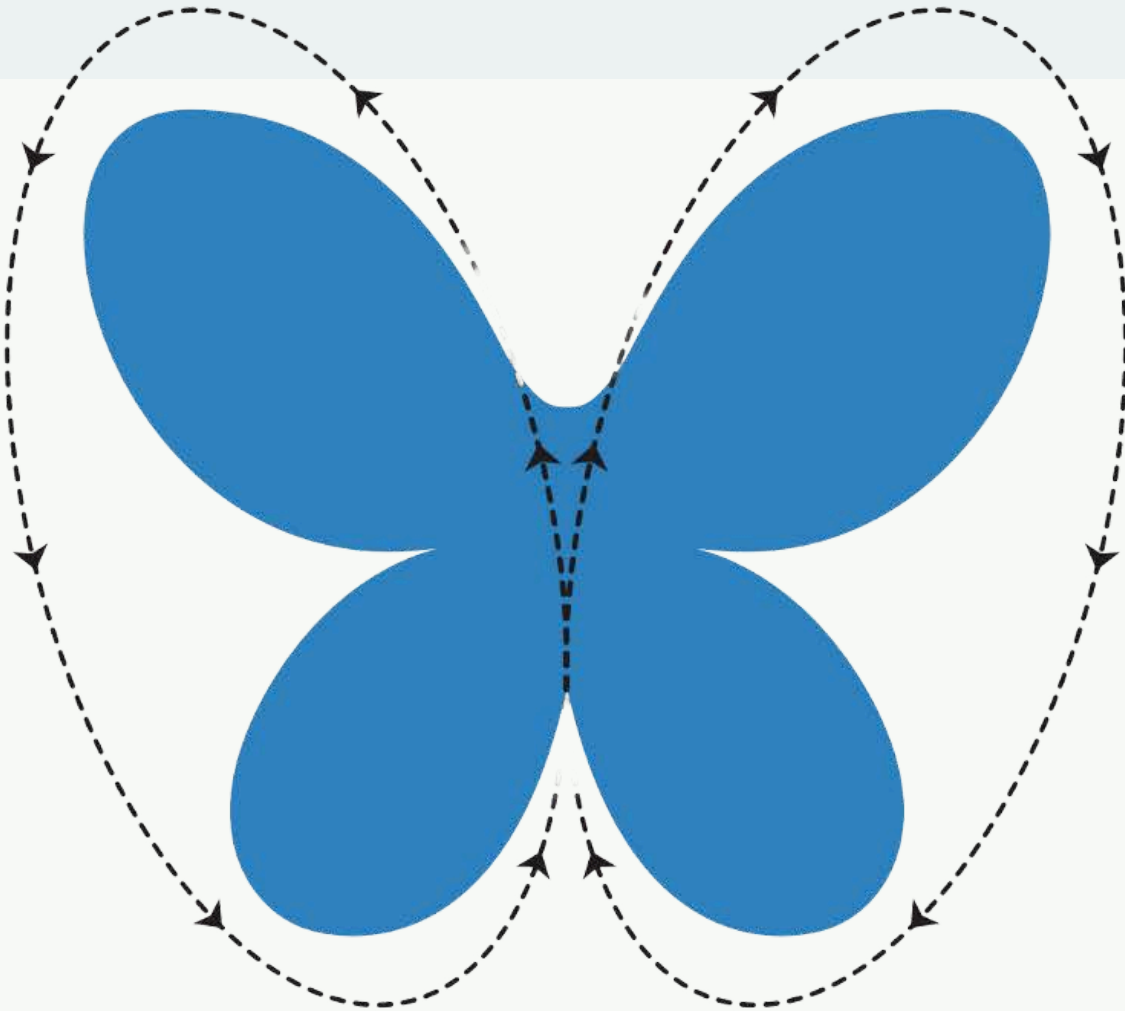
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Butterfly Breath




Trace the butterfly with your finger starting in the middle and taking a deep breath in.

As you cross over to the other side of the butterfly, slowly let your breath out.


Continue breathing around the butterfly until you have a calm body and mind.



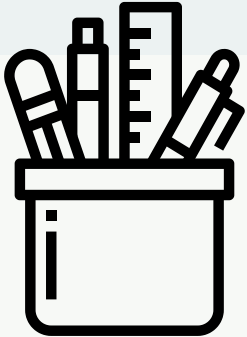
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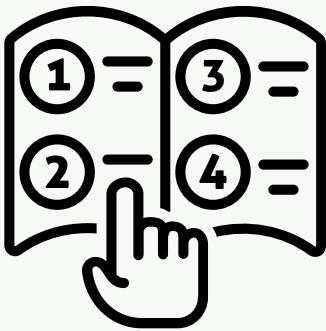
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Butterfly Mindful Movement Craft (calmahoykids.com)



MATERIALS

- A4 sheet of paper
- Colored pencils/crayons
- Tape or glue stick
- Paper straws
- Butterfly template

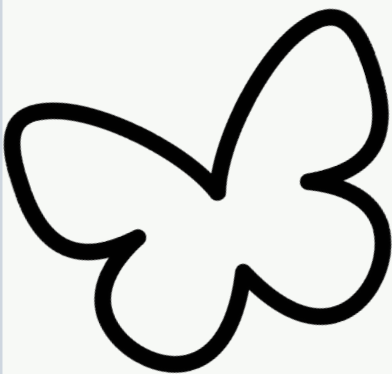


INSTRUCTIONS

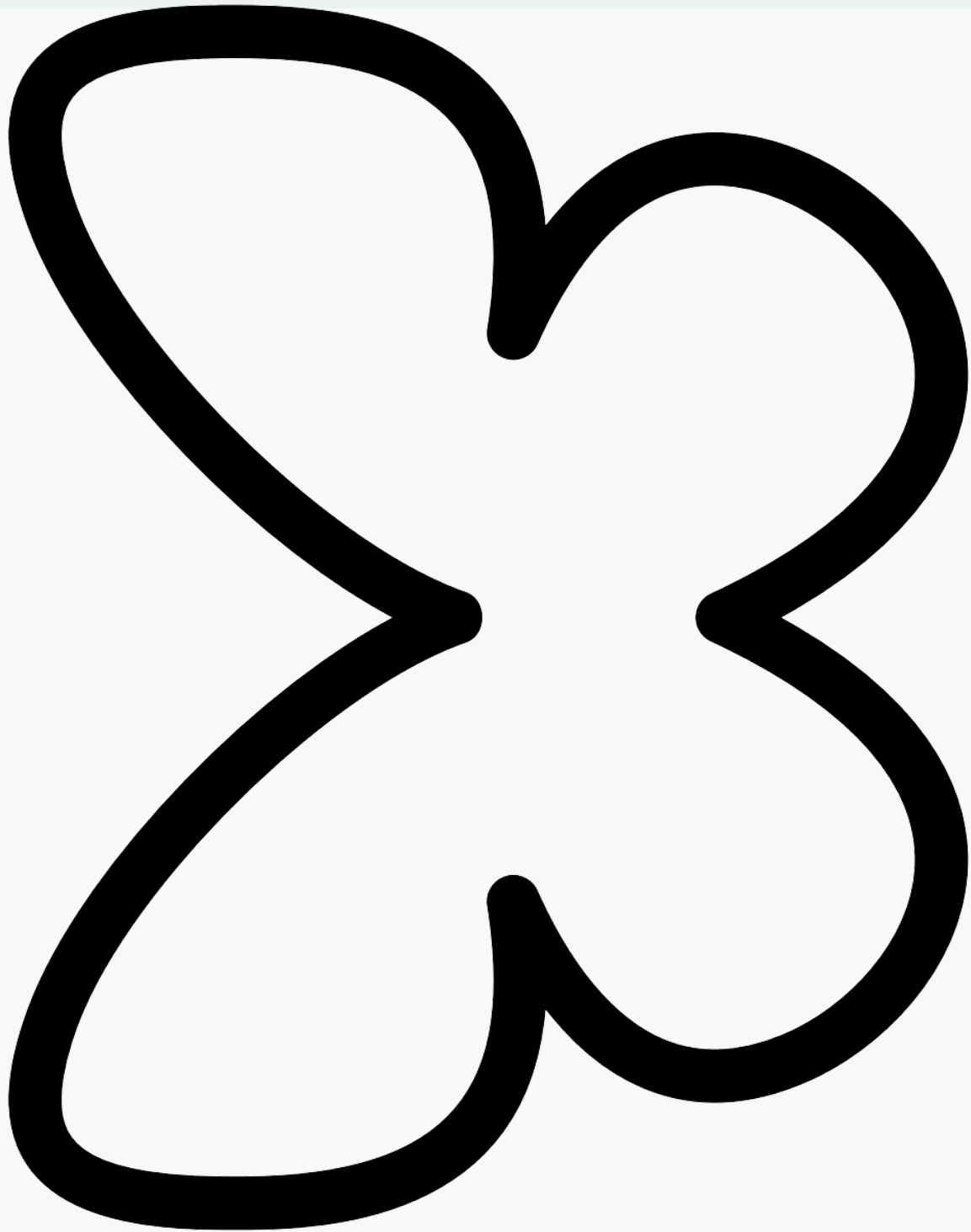
- Time needed: 10 minutes
- Cut out your butterfly from template
- Decorate butterfly
- Use tape or glue stick to attach butterfly to paper straw
- Move your butterfly

MINDFUL MOVEMENT PROMPTS


- Fly your butterfly high – Can you feel your arms stretch? Do they feel heavy after a while?
- Fly your butterfly low – Crouch low, can you feel your legs bend? How does it feel?
- Twirl your butterfly around – Did you get dizzy?
- Slowly walk with your butterfly – Notice your footsteps. Can you hear anything?
- Zoom fast with your butterfly – Do you feel the air on your face or hands? Do they tingle?
- How does it feel to fly your butterfly?
- Notice all the good feelings in your body and breathe! {The more we practice to pause and take in the good, the more we train our brains to notice! Filling the positivity bank}



Butterfly Template



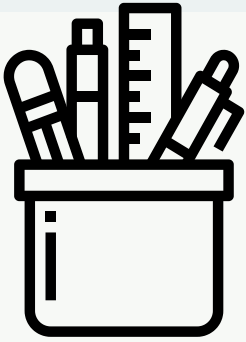
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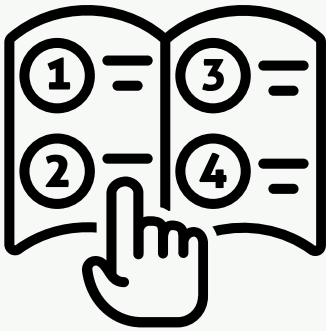
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Butterfly Gratitude Chain



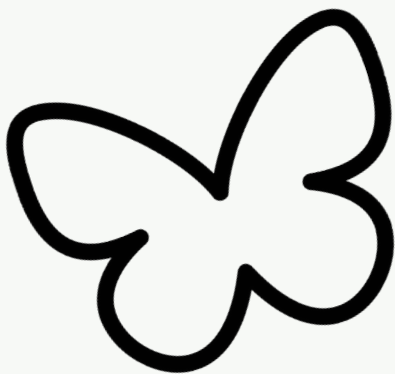
MATERIALS

- Construction paper or cardstock
- Butterfly template
- Scissors
- Markers
- Hole punch
- Ribbon or string (6ft or longer)



INSTRUCTIONS

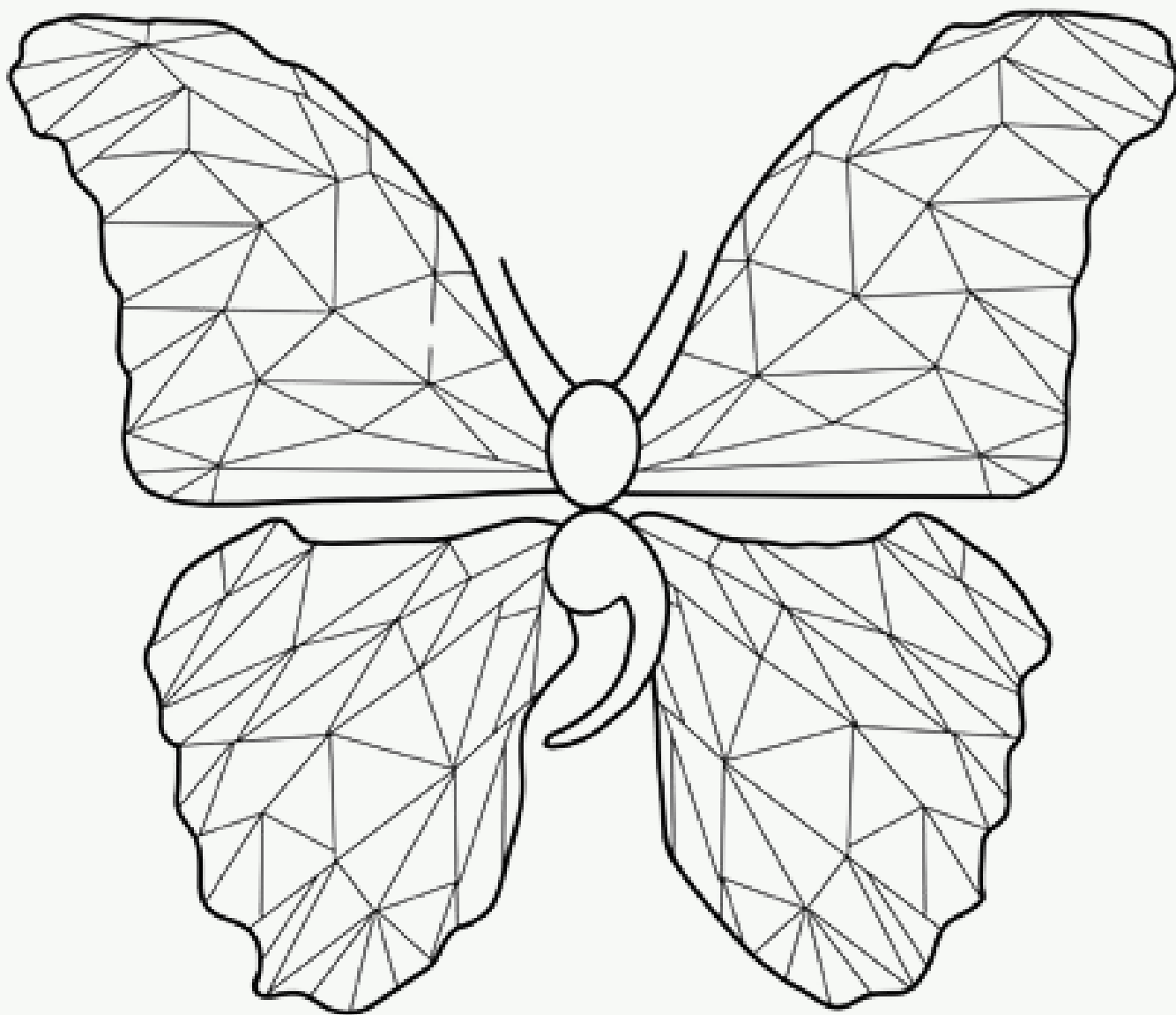
- Trace outline of butterfly template onto construction paper or cardstock—as many as you think you'll need
- Cut out butterflies
- Ask participants to write down something they are grateful for on each butterfly to add to the chain
- Hole punch butterfly and string along the ribbon, adding as many butterflies as you wish
- When you have many butterflies linked together, display as garland and start a new chain.




These butterfly gratitude chains make a great display in front offices or storefront windows.




Morgan's Message Butterfly Coloring Page



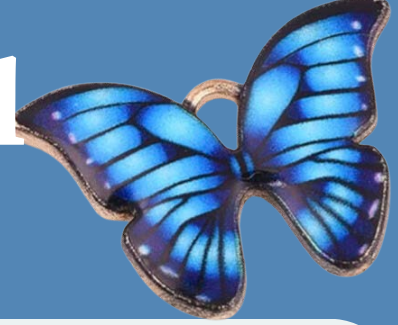
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Workplace Mental Wellness



Share these five fast facts about mental health with your employees to start the conversation:

- 1 in 5 adults experience a mental health condition, yet less than half receive care.
- Within the global workforce, around 3 in 10 employees experience severe stress, anxiety, or depression.
- Mental health conditions are more common than cancer, diabetes, or heart disease.
- People with other chronic medical conditions are at a higher risk for depression and vice versa.
- Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease.

What Workplaces Can Do to Help

- Encourage Screening ([Mental Health America's Screening Poster](#))
- Promote Resilience ([Build Your Coping Toolbox](#))
- Address Loneliness
- Encourage Self-Care

MHAFC's Activity Ideas

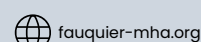
- Start a Walking Club - Or incentivize employee participation in [MHA's Workplace Wellness Walks](#)
- Start a Workplace Self-Care Jar - Place a self-care jar in the lunch room or at the front desk and encourage employees to pick out a self care intention. Use our template or create your own.
- Create a Positivity Wall - Find some wall space in a high-traffic area and ask managers and employees to add post-it notes of positivity and watch it grow. (Check out this [article](#) to see how it works)
- Encourage Peer-To-Peer Shoutouts - Publicly recognize a co-worker/employee for a job well-done or for just being who they are—be it by social media, group email or letter to the editor!
- Sponsor a Workplace Goosechase - Goosechase is an app-based platform for virtual team challenges. Use our [sample Goosechase](#) for ideas or create your own. Code: 8JRD34 \ Password: ButterflyHope2024
- Participate in [MHA's Workplace Well-being Bingo Challenge](#): Employers can provide gift cards to local businesses to encourage further connection and self-care.

Also see

- [Mental Health Month Toolkit from American Psychiatry Association Center for Workplace Wellness](#)
- [Mental Health America's Workplace Resources for Employers](#)



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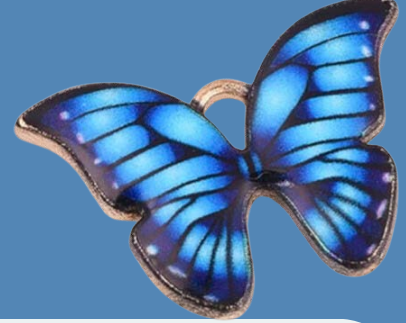


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Butterfly Craft for Dementia Patients (from Crossroads Hospice)



WHAT YOU'LL NEED:

- Paper cupcake liners in a variety of colors
- Miniature pipe cleaners (if miniature pipe cleaners are unavailable, simply cut a standard pipe cleaner in half)

STEPS:

- Flatten the cupcake liner on the table.
- Fold cupcake liner in half.
- Fold each side up like a fan or an accordion.
- Repeat these steps with a second cupcake liner.
- Wrap the pipe cleaner about both folded cupcake liners.
- Twist to secure.
- Adjust the pipe cleaner ends to make the antennae.
- Tape the butterflies to walls or doors as a charming decoration.
- See more activities for dementia patients.

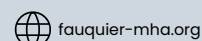


CAREGIVER TIPS

- This activity can be scaled to your loved one's abilities. For example, if they cannot make the folds in the cupcake liners, you can do this while they twist the pipe cleaner in place.
- While doing activities with a loved one with dementia, engage them in conversation. Play music they enjoy softly in the background to create a positive mood.
- Even though your loved one may not remember names or things that happened in recent days, they may still remember their childhood. Ask about favorite colors or clothing they used to wear or how they celebrated holidays as a child.
- Activities for people with dementia have the best chance of success early in the day when your loved one is well rested. If they don't want to participate or get frustrated, don't force it. Try again another time.
- Remember that the goal is to have an engaging activity with your loved one with dementia. Don't worry about the end result.



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Mental Health Month

WORKPLACE BINGO

TAKE A 5 MINUTE MINDFULNESS BREAK	DRINK 8 GLASSES OF WATER THROUGHOUT THE DAY	ATTEND WELLNESS WALK WEDNESDAYS @12 PM (MEET AT THE LOVE SIGN)	PUBLICLY POST A PEER-TO-PEER SHOUTOUT	ASK A TEAMMATE HOW THEIR WEEK IS GOING AND REALLY LISTEN
ADD ONE ACTIVITY TO YOUR SELF-CARE ROUTINE	SIGN UP FOR A MENTAL HEALTH FIRST AID CLASS. 	ATTEND WELLNESS WALK WEDNESDAYS @12 PM (MEET AT THE LOVE SIGN)	ATTEND MHAFC'S LUNCH & LEARN: (12PM-1PM BY ZOOM) 	PRACTICE BUTTERFLY BREATHING
LEAVE A POSITIVE MESSAGE ON SOMEONE'S DESK	FIND THE COMMUNITY COLORING WALL IN OLD TOWN WARRENTON AND ADD TO IT	TAKE 2 HOURS OF PTO FOR YOURSELF	ADD MHAFC ON SOCIAL MEDIA INSTAGRAM.COM/MHAFC_1 FACEBOOK.COM/MENTALHEALTHFAUCIER	BRING IN A HEALTHY SNACK TO SHARE WITH OFFICEMATES
SHARE A MOTIVATIONAL SONG WITH A TEAMMATE	FIND A NEW PODCAST THAT SUPPORTS MENTAL WELLBEING	ATTEND WELLNESS WALK WEDNESDAYS @12 PM (MEET AT THE LOVE SIGN)	SPEND 20 MINUTES WRITING A SUMMER BUCKET LIST	HOST OR ATTEND A SOCIAL HOUR AFTER WORK
HAVE LUNCH OUTSIDE	CREATE A MENTAL HEALTH PLAYLIST	ATTEND WELLNESS WALK WEDNESDAYS @12 PM (MEET AT THE LOVE SIGN)	CALL A FRIEND AND TELL THEM ABOUT YOUR FAVORITE HOBBY	TAKE A PHOTO OF YOUR BINGO CARD AND POST IT WITH THE TAG #MHAFAUCIER