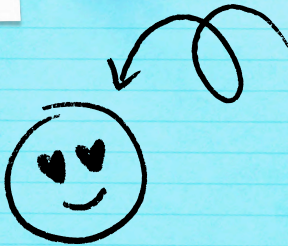


Mental Health




AWARENESS

01



Initiative

May is Mental Health Awareness Month, and this year, DSABC (Danbury Student and Business Connection) is leading a unique initiative to promote mental well-being among students. The initiative involves distributing "mindfulness baskets" filled with resources and activities designed to cultivate mindfulness and self-care practices.

Contents

The mindfulness baskets contain a variety of items to introduce students to simple yet effective tools for managing stress, anxiety, and other mental health challenges. These include coloring books, rock stacking, journals, and mindfulness cards providing an opportunity to connect and allow for self-reflection and analysis. The baskets aim to encourage students to explore and incorporate mindfulness practices into their daily routines.

02



03



Sponsorship and Impact

With the generous support of Savings Bank of Danbury as the sponsor, DSABC's grassroots effort not only raises awareness about mental health but also empowers young individuals with practical strategies to support their overall well-being. The mindfulness baskets are distributed to elementary, middle, and high school students across the district. By incorporating mindfulness practices, students can develop greater self-awareness, emotional regulation, and resilience – essential skills for navigating the ups and downs of life. The baskets serve as a tangible reminder of the importance of tending to one's mental health and provide a starting point for cultivating positive habits. Through this initiative, DSABC aims to create a more compassionate and supportive environment for students to thrive.