

Did you know?

That the brain & the heart both have neurons?

The human heart has about 40,000 neurons, which are called sensory neurites. This network of neurons is sometimes called the "little brain" of the heart.



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MENTAL HEALTH DOESN'T ALWAYS MEAN THE BRAIN

"Dr. Armour, in 1991, discovered that the heart has its "little brain" or "intrinsic cardiac nervous system." This "heart brain" is composed of approximately 40,000 neurons that are alike neurons in the brain, meaning that the heart has its own nervous system. In addition, the heart communicates with the brain in many methods: neurologically, biochemically, biophysically, and energetically. The vagus nerve, which is 80% afferent, carries information from the heart and other internal organs to the brain. Signals from the "heart brain" redirect to the medulla, hypothalamus, thalamus, and amygdala and the cerebral cortex. Thus, the heart sends more signals to the brain than vice versa"

IMPORTANT DATES:

MARCH

- Women's History Month
- National Nutrition Month
- Social Work Month
- School Social Work Week (**First Week of March**)
- Developmental Disabilities Month
- Self-Harm Awareness Month
- Brain Injury Awareness Month
- **March 1st:** Self-injury Awareness Day
- **March 3:** Read Across America Day + Dr. Suess Birthday
- **March 3-7:** National School Breakfast Week
- **March 9-15:** Sleep Awareness Week
- **March 12:** No Smoking Day
- **March 17-23:** National Drug + Alcohol Facts Week
- **March 22:** World Water Day

SPRING BREAK IS THIS MONTH

March 24-28



MATTERS OF THE MIND



MARCH 17-23

SLEEP AWARENESS WEEK

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"Getting consistent sleep is vital for children and adolescents who are experiencing significant brain development. Unfortunately, a significant number of students in elementary, middle, and high schools across the United States are failing to get enough nightly sleep.

Without enough sleep, children and teens can have problems with attention, memory, and problem-solving. Sleep deprivation can also contribute to emotional issues and behavior problems that may affect academic achievement."

CLICK PLAY BUTTON TO WATCH THE VIDEO



DRUGS + ALCOHOL AWARENESS WEEK

MARCH 17-23

TIPS (THE ADDICTION PREVENTION COALITION)

- **Sober Tip 1:** Utilize your phone list. Recovery isn't meant to be done alone. Call your support people!
- **Sober Tip 2:** Download apps that help you track sober days, build new habits, and get motivated.
- **Sober Tip 3:** Virtual meetings are happening everywhere so find some online meetings and groups.
- **Sober Tip 4:** Save the numbers of free national and 24-hour hotlines.

SAMHSA's National Helpline: 1.800.662.HELP
Drugfree.org: 1-855-378-4373 or text 55753

JUST SAY NO



NICE TO MEET YOU!

It's nice to meet you, My name is Marissa Dicus! I wanted to take a moment to introduce myself. I am originally from Tennessee. I lived in Clanton for 4 years and then moved away July 2022 to another state, only to move back again last March. I have worked in Social Work, School Administration, Child Development, and Pastoral/Biblical Counseling fields in the past 10-15 years of my life. I am new to the Mental Health Service Coordinator role. I cannot wait to work together with you to create a beautiful and safe environment for our students to be all they were designed to be. I am grateful for this opportunity to serve you in whatever capacity is needed. I am very passionate about mental health and over all wholeness and wellness.

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