

# Morning Announcements

## February 6

### Time to Talk Day

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Out of the 7 primary emotions, 5 of them are not always easy to experience. Good morning Eagles Family (insert school name or mascot here)! So today, we recognize National Time to Talk Day, when we focus on encouraging open conversations about mental health. Today, we encourage you to reduce the stigma surrounding mental health issues and promote understanding and empathy.

It's an opportunity for individuals, organizations, and communities to come together and have honest conversations about mental well-being. We have an excellent staff and counselors who are here for you. Please take time to introduce yourself to them and share how you are feeling today! You will have the opportunity to learn more \_\_\_\_\_ (insert text from checked boxes below).

- ☐ From your counselor, teacher, or nurse
- ☐ During the homeroom or advisory class activity
- ☐ At the information table in the library, lunchroom, or (other public area)
- ☐ In this week's health classes
- ☐ In the KnowYourNeuro.org website
- ☐ Other \_\_\_\_\_