



ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

HEALTHY MONDAY'S TOOL KIT: JUNE 2025



900 Bloomfield Avenue
Verona, NJ 07044

Father's Day

Sunday, June 15th, 2025

This Father's Day, take a moment to celebrate **you** — your strength, your love, and all the ways you show up for your family.

While you're busy caring for everyone else, don't forget to care for yourself too. Your health is one of the greatest gifts you can give your loved ones. A few small steps can make a big impact:

- **Get Moving:** Whether it's a quick workout, a walk with the kids, or a bike ride, staying active boosts your energy and mood.
- **Eat Well:** Fuel your body with balanced meals that keep you strong for the long haul.
- **Rest and Recharge:** Prioritize sleep and take time for your mental well-being — you deserve it.

Being a great dad starts with being a healthy one. This Father's Day, invest in yourself — for your family and for your future.

#FathersDay2025 #HealthyDadStrongFamily



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WHAT IS THE HEALTHY MONDAY CAMPAIGN?



Even though we are encouraged to stay healthy every day. The healthy Monday campaign is Healthy Monday, a public health initiative that encourages individuals and organizations to commit to healthy behaviors every Monday to help prevent chronic diseases.

From the Essex County, Healthy Monday will focus on children and their parent and providing them with a toolkit every Monday that will focus on a different topics per month that are pertinent to children from K-12.

Welcome to the Essex County Healthy Monday Campaign for the month of June with helping students develop healthy digital habits for a balanced body and mind being the main topic.

LESSON 01: UNPLUG TO RECHARGE

In today's world, screens are everywhere—used for school, entertainment, and staying in touch with friends and family. While technology has many benefits, too much screen time without breaks can leave our brains feeling tired, overwhelmed, or distracted. That's why it's important to unplug every now and then. Taking intentional breaks from devices helps us feel more present, focused, and energized, giving our minds the chance to rest and recharge. When we're constantly connected, our brains don't get the downtime they need. Too much screen time—especially late at night or in long stretches—can interfere with sleep, make it harder to concentrate, and even affect our mood. Things like notifications, nonstop scrolling, or switching between apps can lead to stress and mental fatigue. By stepping away from screens, even briefly, we allow our minds to reset and our energy to return. Think of it like charging your internal battery—without a break, it runs low.

LESSON 01: UNPLUG TO RECHARGE

Unplugging doesn't mean giving up technology altogether. It means using it in a more balanced and mindful way. That could be as simple as turning off screens during meals, putting your phone away before bed, going outside for a walk, or just closing your laptop when you start to feel tired. These small changes help you stay grounded and make room for activities that truly support your well-being—like movement, creativity, connection, and rest. Healthy Monday is a great time to start building screen breaks into your routine. Use the start of each week to check in with yourself and ask: “How can I unplug and recharge today?” Whether it's taking a 10-minute tech break, creating a no-screen zone at home, or choosing one screen-free activity to enjoy, those moments make a big difference. A balanced tech life leads to a healthier, more focused, and more refreshed you.



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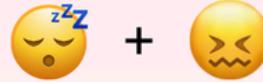
UNPLUG AND PLAY TODAY!



Kick off your week with a screen break and a brain boost!



Too much screen time =



More play time =



Instead, try this!

Recharge Activities

- Read a storybook
- Go outside and count 5 cool things
- Draw your favorite animal
- Do 10 jumping jacks/cartwheels

- Puzzle Time
- Breathe and Stretch
- Walk a Pet
- Dance Party



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Unplug to Recharge: Take Back Your Monday

Your brain needs a break. Your energy deserves a reset.



Why It Matters?

- The average teen spends 7+ hours on screens daily 📱
- Screens affect your sleep 😴, focus 🎯, and mood 😞
- A 24-hour break can boost creativity and reduce stress 🌿



The Monday Unplug Challenge

Use that time to:

- 🎧 Listen to music (no scrolling!)
- 🏀 Move your body
- 🖋️ Journal or sketch
- 🚶 Take a walk
- 🧘 Meditate or do deep breathing

"Sometimes the most powerful thing you can do is put your phone down and just be."



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LESSON 02: BE SAFE, BE KIND

ONLINE

Grades K–5: Being Safe & Kind Online

The internet can be a fun place to learn, play games, and talk to friends—but just like in real life, it's important to be safe and kind when you're online.

Being safe online means not sharing your personal information like your full name, where you live, your school, or your passwords. If someone asks you for that kind of information, always tell a trusted adult right away.

It's also important to be kind online. That means using respectful words, not saying things to hurt someone's feelings, and never joining in if others are being mean or leaving someone out. If something online makes you feel uncomfortable, confused, or upset—even if it seems small—talk to a parent, teacher, or caregiver. You're never too young to practice being a good digital citizen. Remember: if it's not kind, don't type it—and if it feels wrong, get help.

Grades 6–12: Owning Your Online Choices

As you spend more time online—for school, socializing, and entertainment—it's important to understand how to stay safe and make smart choices. The internet is full of people and information, not all of it safe or true. Protecting your privacy means being careful with what you share and who you talk to. Avoid posting personal details like your location, passwords, or anything that could be used to find you offline. Use privacy settings and strong passwords, and think twice before clicking on unfamiliar links or accepting requests from people you don't know.

Being safe online also means thinking about how you treat others. Words can spread fast online, and what you post can last a long time. Think before you share: is it kind, necessary, and respectful? Avoid drama, rumors, and online bullying—even as a bystander. If you see something harmful or threatening, report it and talk to an adult. You're not just using the internet—you're shaping your digital footprint. Staying safe and being kind helps you stay in control and protect your future.



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Click with Kindness!



What Does It Mean to Be Safe Online?

- Don't share your full name 
- Keep your home and school private 
- Tell a trusted adult if something feels wrong 
- Don't click on unknown links or pop-ups 

What Does It Mean to Be Kind Online?

- Say nice things, like 'Great job!' or 'You're fun to play with.' 
- Don't type mean things—it can hurt someone's feelings. 
- Speak up if you see someone being unkind. 

Monday Kindness Mission:

- ✓ Give a compliment during class
- ✓ Send a kind message to a friend
- ✓ Tell an adult one way you stayed safe online

Note for Parents/Teachers:

Talk with your child about how to stay safe and kind online. A short conversation each Monday makes a big difference!



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Your Clicks. Your Words. Your Impact.



Online Safety = Real Life Safety

- Protect your privacy (no full names, schools, addresses)
- Don't trust everyone online—some people pretend
- Avoid clicking random links or downloading files
- Talk to an adult if anything makes you feel uncomfortable



Kindness Counts Online Too

- Would you say it in person? If not, don't type it.
- Don't forward drama, screenshots, or hate
- Do lift others up with positivity
- Speak out when others are being bullied online



This Monday Challenge



- DM someone a compliment
- Take a 2-hour screen break
- Turn off notifications for 1 hour
- Don't engage in online gossip
- Share something positive on your story

Try one or all—what you do online reflects who you are.

"The internet remembers everything. Be someone worth remembering."



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LESSON 03: TECH & YOUR BRAIN

Grades K–5: Give Your Brain a Breather

Your brain works hard every day! It helps you learn, play, solve problems, and even remember where you left your backpack. But just like your body gets tired after running or playing, your brain gets tired too—and that’s when it needs a break.

Taking a brain break can be simple. You might take a few deep breaths, stretch like a cat, or step outside to feel the fresh air. When your brain has too many thoughts or feelings at once—like feeling wiggly, silly, or upset—a little quiet time can help you feel calm again. Just like cleaning up your room, clearing your mind helps you feel ready to do your best again. A happy brain is a strong brain!

Grades 6–12: Clear Your Mind, Regain Your Focus

Sometimes your brain can feel like a web browser with too many tabs open—school stress, messages, notifications, and plans all competing for attention. When your mind is full, even simple tasks feel harder.

That’s why it’s important to clear your mental space and reset.

Taking time to pause and disconnect helps your brain organize thoughts, lower stress, and refocus. That could mean going for a walk, journaling, meditating, listening to music, or just sitting quietly without distractions. These small mental resets are not a waste of time—they’re how your brain recharges and refinds its clarity. When you make space to think, rest, or just be, your mind becomes more creative, focused, and ready to take on whatever comes next.



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Is Your Brain Asking for a Break?

Can you tell how your brain feels?



Cranky



Sleepy



Bored

**When your brain feels this way, it's asking for a break!
What do you do?**

Try a Brain Break!

Examples:

1. Do 10 jumping jacks
2. Take 5 deep belly breaths
3. Draw a rainbow
4. Stretch like a cat
5. March in place
6. Say something kind to yourself



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Clear Your Mind. Reclaim Your Time.

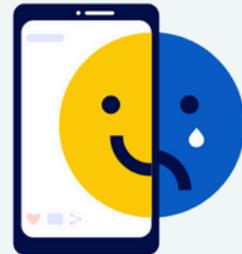
Why It Matters?

Technology is everywhere—our phones, computers, and even watches. But spending hours online, gaming, or scrolling can seriously affect how your brain feels and functions.

Social Media & Mental Health

Apps are designed to grab your attention—and hold it. That constant input can lead to:

- Information overload
- Comparison fatigue
- Reduced self-worth
- Increased stress or sadness



What Screen Time Does to Your Brain



Too much screen time, especially without breaks, can:

- Disrupt your sleep
- Lower your focus
- Change your mood
- Create brain fatigue

***You're in charge of your attention—and your mental health.
Knowing how tech affects your brain helps you take back control.***



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LESSON 04: FIND YOUR BALANCE

Grades K–5: Finding Your Balance

Screens can be fun for learning, playing games, or watching videos—but your brain and body need other kinds of fun too! When you spend too much time on a tablet, TV, or phone, you might start to feel tired, cranky, or wiggly. That’s your brain telling you it needs a break!

A balanced day means doing a little bit of everything: time to learn, time to play, time to rest, and yes—even some screen time. It’s like building a sandwich with different layers—if you only use one thing, it doesn’t work as well. Playing outside, reading a book, drawing, or talking with your family are all things that help your brain and body grow strong. So remember: screens are okay—but breaks and balance help you feel your best!

Grades 6–12: Finding Your Balance

Technology is a big part of life—especially for school, friendships, and entertainment. But spending too much time online can leave you feeling mentally drained, less focused, or disconnected from real life. That’s where balance comes in. It’s not about quitting screens—it’s about using them in a way that supports your well-being, not drains it.

A healthy tech-life balance includes being aware of how much time you spend on screens and making space for other important parts of your day—like sleep, movement, in-person conversations, hobbies, and quiet time. If your day feels like it's all digital and no real life, it's time to reset. Start small: take a walk without your phone, eat a screen-free meal, or unplug before bed. These choices help protect your focus, your energy, and your mental health. When you take control of your screen habits, you take better care of yourself.



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Screens Are Fun—But Breaks Are Better!



Why It's Important:

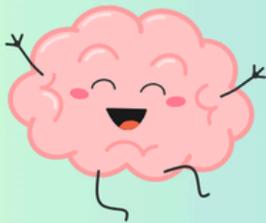
Screens can be fun for learning and playing—but your brain and body need time away from screens too! That's called balance—a mix of screen time and real-world time.

When Is Screen Time Too Much?

- You feel cranky, tired, or wiggly.
- You're missing out on playtime or family time.
- Your eyes or head feel sore.



What Helps Your Brain Feel Good?



Try these healthy screen-free habits:

- Drawing or building
- Playing outside
- Singing or dancing
- Taking deep breaths
- Talking with friends or family

*You're stronger when you balance your day.
Start every Monday with a screen break that helps your brain recharge!*



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Balance Feels Better



Technology connects you to the world—but it can also take over your time, energy, and focus if you don't set limits.

Without tech-life balance, you might notice:

- 😴 Poor sleep or fatigue
- 🧠 Trouble focusing or thinking clearly
- 😡 Mood swings or irritability
- 🐼 Brain overload or burnout

You don't have to cut out tech.

But if you're constantly swiping, scrolling, or checking notifications, your brain never fully **rests**.

What Does Balance Look Like?

A healthy day includes:

- 📅 Focused time for school or goals
- 👤 Time to connect face-to-face
- 🏃 Movement, creativity, and nature
- 😊 Screen-free moments for rest
- 📱 Fun tech time—but not non-stop

▶ Red Flags You Might Need a Reset:

- "I can't fall asleep without watching something."
- "I feel weird or empty when I'm not on my phone."
- "I scroll for hours and then feel worse."
- "I don't remember what I even did online."

These aren't failures—they're signals that your brain needs space.

📌 Healthy Monday Reminder:

- One hour phone-free after school
- No screens 30 minutes before bed
- One low-tech day or activity

Start small. Stay aware. Own your time.



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