Mental Health and Wellness Week

May 4 – 10

#GetReal

Before we can #GetReal, we need to be honest with ourselves. Instead of sticking with our conditioned responses we need to embrace what it is we feel and be open and accepting of it. These activities will hopefully help you connect with your inner-self, and provide opportunities for you to #GetReal with your #MentalHealth!

Mindful Monday	Talk about it Tuesday	Wellness Wednesday	Tech Thursday	Fitness Friday
Time to just be present in the moment! Task: Take 5 minutes to do a check in with yourself. - Sit or lay somewhere quiet where you won't be interrupted - Focus on your breathing then all the sensations in your body - How does your body feel? For younger students – do this as a guided activity. Talk them through the process and have them describe or name what it is they feel.	This is hard for a lot of people to do, but it is so important! Task: Talk about your feelings with someone you trust. Share how you are really feeling about schools being closed, not being able to go out, and being isolated from peers and family. Also share how you feel about having this time home with parents and siblings. Name your feelings if able, otherwise describe how it feels in your body.	There are so many ways to take care of your mental wellness. What is an activity you do that helps boost your spirit? That makes you feel calmer? More alert? Something that just makes you feel good no matter what is going on? Task: Do one activity just for you. Something that helps you feel good about yourself. Can you share this activity with anyone? Not sure what helps? Check out the attached list for ideas to try!	There are many benefits to technology; especially while we need to maintain physical distance. There are also downsides to technology – it's all about balance! Task: 1. Use technology to connect to a loved one. Skype, FaceTime, whatever you have, and have a meaningful social interaction 2. Turn all tech off at least 1 hour before bed.	Ever notice how after being active your mood is more positive? That's because exercise also benefits our mental health! Task: Be active for at least 30 minutes – run, walk, use weights – get that heart rate up and watch your mood improve too!

Activities to Help Mental Wellness

There are so many ways people help improve their mental wellness. These are just a few examples.

- Journaling – write about your feelings
- Gratitude check – what are 3 things you are grateful for?
- Physical exercise
- Listening to music
- Playing an instrument
- Mindful meditation
- Listen to a podcast that interests you
- Eat well – healthy snacks to help a healthy mind
- Stay hydrated
- Unplug – have time away from all the pressures of social media
- Mindful colouring
- Read a book
- Watch a movie
- Get outside – fresh air and sunshine impact our moods too
- Check in with a friend
- Declutter – cleaning up a messy room can be beneficial to our mental health
- Be artistic – draw, colour, paint, etc.
- Dance Party – dance like no one is paying attention
- Hot shower/home spa day
- Sing

Don't forget to use #GetReal when on social media to join the conversation! Check out https://mentalhealthweek.ca for more information.