

Mental Health Week

SUGGESTED DAILY FOCUS

1.) MOVEMENT MONDAY



It is good for our mental health to be active! Physical exercise is a great way to reduce stress and improve our mood. Biking, walking, skipping and playing all kinds of sports are ways to be active that helps our mental and physical health and improves well-being. What ways will your family move today?

2.) THANKFUL TUESDAY

Having an "attitude of gratitude" does wonders for our mental health. Take some time today to share with your family members 1-2 things that you are thankful for. Write these things down and display them somewhere in your home. HCDSB staff are grateful for you!



3.) WARM WEDNESDAY



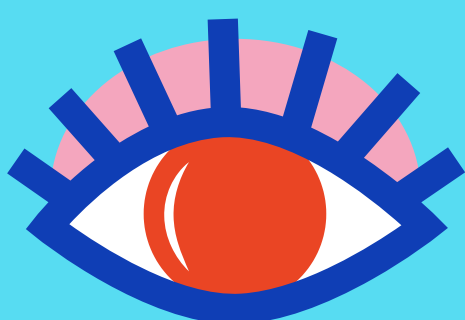
Spreading Kindness to others boosts your own mental health. Send warm energy to others and you get it back. Do something KIND for someone today. Draw a message on a neighbours driveway, mail a card to a grandparent to let them know you are thinking of them or send a kind email to a classmate.

4.) TRY SOMETHING NEW THURSDAY

Exploring new hobbies and activities is a great way to stay positive and boost your mood. Is there a new craft, recipe or game that you've been wanting to try? Today's the day! Make a new meal for dinner or search a fun science experiment to try out as a family.



5.) FOCUSED FRIDAY



Mindfulness can improve well-being by helping us to stay focused on the present and not letting our thoughts wander towards worry. Take a mindfulness walk today. As you walk, notice how your body feels, Use your five senses to take in all the beauty around you. What can you see, notice any smells, can you taste the air, touch fresh buds growing from the earth and how does your body feel?

SERENITY PRAYER

"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Serenity means to be in a calm and peaceful state. The things in life that we can't change (at school or at home) can be looked at in a calm manner. Whatever it is that we can't change we must be happy and know that God has it under control. Nothing happens without His approval. He is sovereign over all things."

Achieving **Believing** **Belonging**