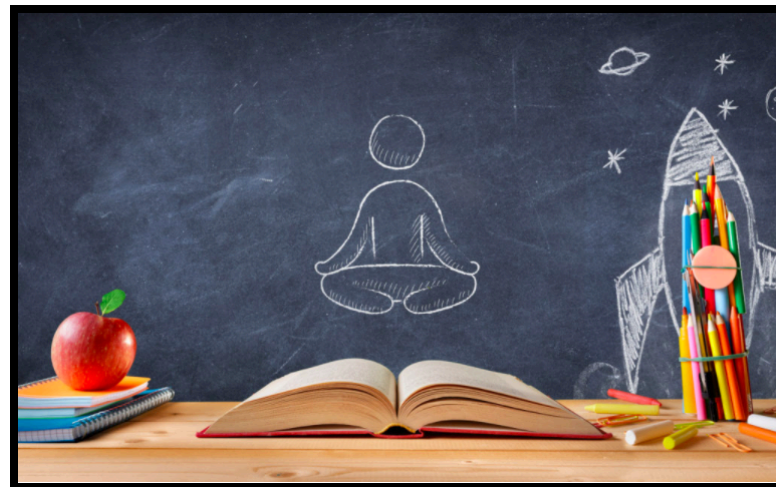


Activities to Boost Your Mental Health

Each Monday, I encourage you to choose a category to work on for 15-30 minutes. Do all categories if you want! Share your thoughts, ideas and projects with your school counselor if you'd like. We would love to see what you are doing! Remember, we are here for you.



	Monday, April 13th	Monday, April 20th	Monday, April 27th	Monday, May 4th
Meditation/ Destress:	<u>Meditation Exercise</u>	<u>Destress with Stretching Exercise</u>	<u>Square Breathing Exercise</u>	<u>Deep Belly Breathing</u>
Ted Talk:	<u>There's more to life than being happy</u>	<u>The surprising habits of original thinkers</u>	<u>Grit: The power of passion and perseverance</u>	<u>You don't find happiness, you create it</u>
Exercise:	Take up running/jogging for exercise - train for that ½ marathon you've dreamed about!	Try <u>Core Strength Yoga</u>	Complete 100 burpees for time	Complete this <u>Circuit training</u>

Read:	<u>"How To Make Friends With What You're Feelings"</u>	<u>"How To Be Mindful About Consuming Coronavirus News"</u>	<u>"Priming the Teenage Brain for Compassion"</u>	<u>"How to Practice Mindfulness"</u>
Other ways to take care of yourself:	Take care of your body– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep.	Avoid too much exposure to news– Take breaks from watching, reading, or listening to news stories.	Make time to unwind. Try to do some other activities you enjoy.	Take breaks– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.