

Mental Health Reminders



During this time away from each other let's make a plan to take care of ourselves.

Let's practice self-care and help our friends and families to do the same.

The following slides are a few activities that can help you to stay healthy- mentally and physically- over the next few weeks.

Feeling Anxious or Depressed?

Remember that Anxiety, at a *healthy level*, can keep us safe.

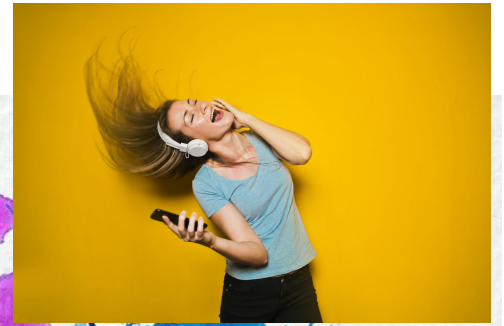
At an *unhealthy level* it can overwhelm us.

Consider trying the activities to help...

Talk to a trusted
adult, share
your worries.
Ask questions to
help you
understand.



Take a break from Social Media and the News



Focus on what you can control

Practice Good Hygiene

- Take daily showers/baths
- Brush your teeth
- Wash your hands-A Lot!



Follow this calendar of activities for mindfulness activities



Include activities for your mind, body and soul:

Read good books, exercise, practice mindfulness

What you can do for your Emotional Health

Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off. 11	Clean up without being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down in you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

Practice Positive Coping Skills

Take walks - Notice what is happening around you



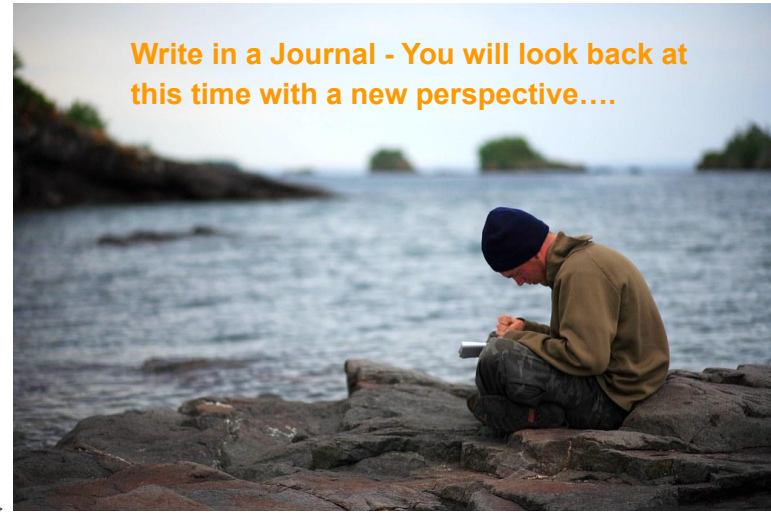
Set goals for yourself and work towards meeting them



Talk with friends who practice positive coping skills - ask them to share ideas



Write in a Journal - You will look back at this time with a new perspective....



If you continue to feel anxious and/or depressed it may be time to ask for help. The following agencies are available to provide local services:

Crisis Response: 24 hour-509-783-0500

Crisis Text Line-text HOME to 741741

Lourdes Counseling Center: 509-943-9104

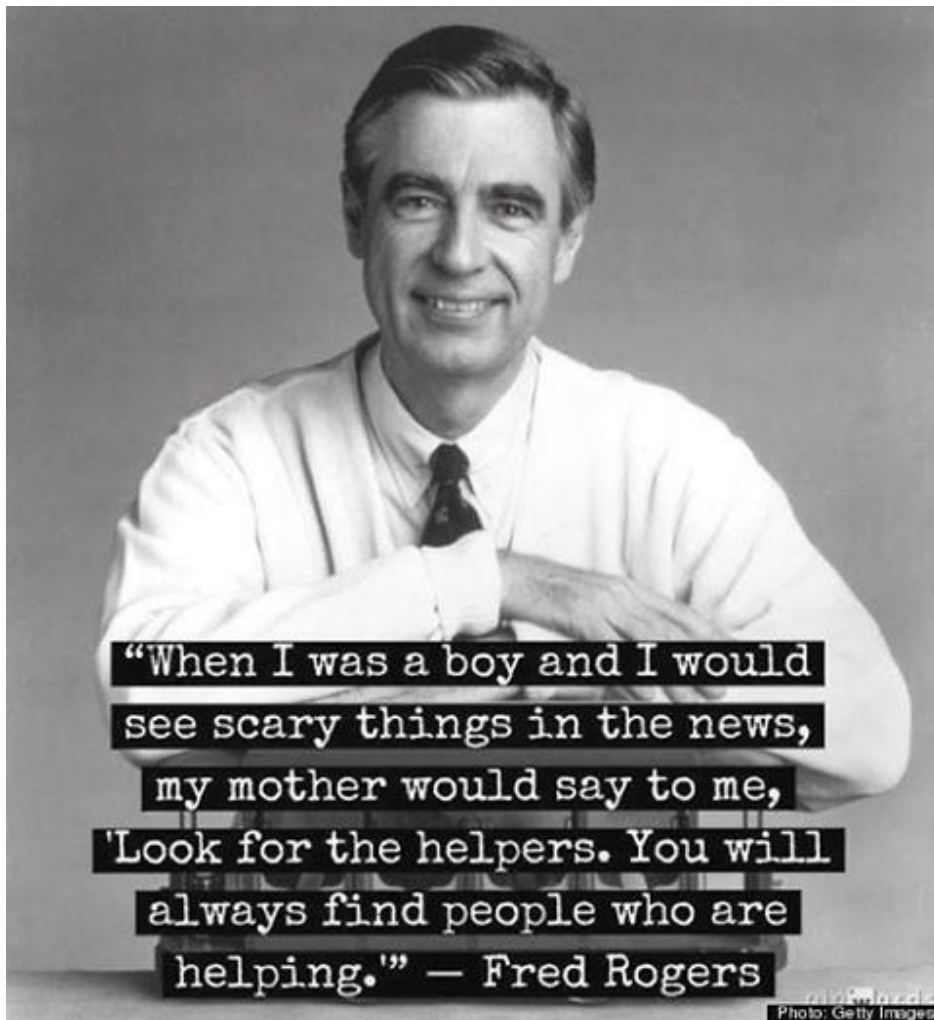
Catholic Family Services: 509-946-4645

Lutheran Community Services: 509-735-6446

SARC (Support Advocacy and Resource Center): 509-374-5391

Recovery and Wellness Center: 509-619-0519

211 Services: For immediate resources



“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”

Fred Rogers