

Creating a Wellness Board

You may be familiar with a Vision Board - a collection of images, quotes and found objects that bring inspiration and motivation to accomplishing your goals or planning for an event. A Wellness Board is a similar concept but the purpose is to promote hope and positive thinking, and serve as a reminder of our strengths, resilience and self-care tools. Creating one as a family can ignite meaningful discussion about mental health and wellness, and help us identify strategies for building healthy habits. ALTERNATIVE: decorate a box for holding wellness tools, such as stress balls, bubbles, journal and mindful stones.



Materials List:

- Board or box - can be made of poster board, cardboard, scrap wood, sheet metal, etc.
- Scissors or other cutting tools
- Markers, pens, pencils, paint
- Glue, tape, or other type of adhesive
- Consider: encouraging mantras or positive affirmations, your favorite song lyrics or poetry, photos (family, friends, pets, favorite places or things to do), images from magazines of calming spaces or your favorite self-care strategies, scraps of paper or literature, motivational quotes, meaningful symbols and your own creations, such as paintings or drawings.

How to use your creation when you need to manage stress:

- Focus on meaningful images or repeat quotes and affirmations while you practice mindful breathing.
- Count the images to ground yourself in the present moment.
- If you decorated a box - fill it with tools for practicing self-care so they are readily available when needed.

To learn more, visit the
School Mental Health Resource and Training Center at
www.mentalhealthEDnys.org or call **518.434.0439**