

# NPHS 2020 Week of Respect



## Respecting ourselves and our Mental Health!

What is mental health?

Mental health is the well-being of our thoughts, emotions, and how we relate to ourselves and others. It affects how we think, feel, act, make decisions and handle stress.

*10/5 Mindful Monday*

Watch this quick [SEL video](#) and discuss with a family member.

*10/6 Treat Yourself (Well) Tuesday*

Take a second for some self-care bingo (see below!)

*10/7 Journaling Wellness Wednesday*

Put aside 10 minutes to try journaling.

Journaling is good for the mind and it is fun to revisit what you wrote in the future!

*10/8 Thoughtful Thursday*

Enjoy some reading!

Be intentional about what you pick up to read and give yourself some downtime!

*10/9 Find Your Center Friday*

Practice a [breathing exercise](#)

and end your week with a great way to relax the body and mind!

BINGO

# Self-Care Bingo

Go to the Rec	Hang out with friends	Listen to music	Do yoga	Go on a walk
Cook or bake	Take a nap	Meditate	Talk to RA Julia!	Take deep breaths
Craft	Have a [quiet] dance party	Journal	Take a shower	Color
Draw	Treat yo' self	Play a game	Go swimming	Watch your favorite movie
Drink a warm beverage	Pamper yourself	Turn your phone off	Practice gratitude	Put on Pjs