

The background is a vibrant, abstract composition of purple and pink hues, resembling a watercolor or ink wash. Overlaid on this are several thin, light blue geometric lines that form a series of interconnected, irregular polygons, creating a modern, architectural feel.

Mental Health

While Staying at Home

MONDAY

*Carpool w/ Tommy

● ALICE → 5-6 PM

● Dinner at home
after practice

● Miles homework at fields

● SIMON → 5-6 PM

● MILES → 6:30-7:30 PM

● Dinner - El Monterey
at fields

● Miles } Homework at
Alice } fields

*Carpool w/ Tommy

● ALICE - 5-6 PM

● Dinner at home
after practice

● Miles homework @ fields

THURSDAY

● SIMON → 5-6 PM

● MILES → 6:30-7:30 PM

FRIDAY

REMEMBER!

- ✓ Log games on calendar
- ✓ Donate old uniforms
- ✓ Buy soccer socks
- ✓ Sign up for snacks
- ✓ Meet with coach

#1 – Establish a Routine

Structure

Structure is key to a healthy brain.

Daily Routine

Create a schedule of activities that you will follow each day.

Sleep Schedule

Go to sleep and wake up at the same time each day.

#2 –
Stay Active
& Exercise



Exercise helps to create endorphins
in our brains, which makes us feel
happier.



Go for a Walk



Run on a Treadmill

Yoga or Pilates





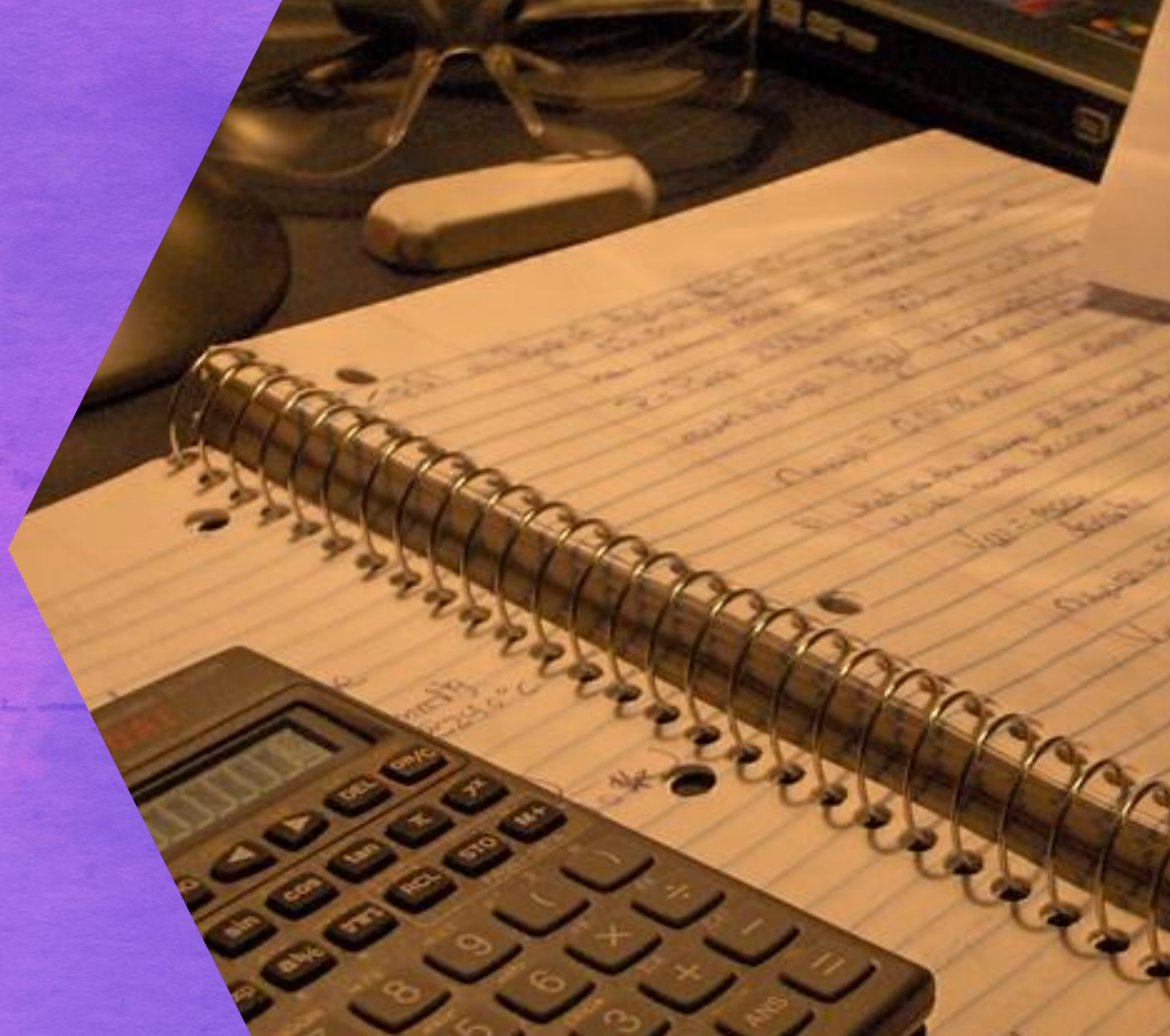
#3 – Go Outside



Sunlight Helps!

Sunlight helps to regulate our circadian rhythms – our brain's way of knowing when it is time to wake up and when it is time to go to sleep. Sunlight also improves mood!

#4 – Do Your Homework!



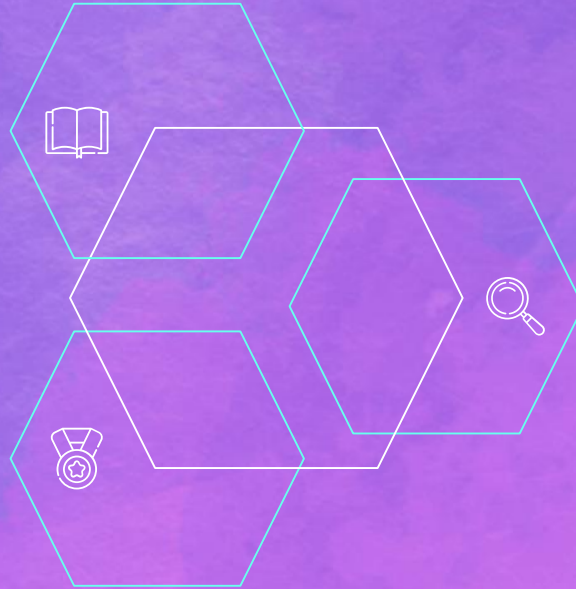
Why should we do homework?

Stay Mentally Active

Having to think about problems and solutions is good for our brains. If we never use our critical thinking skills, our brains will not function at their best!

Productivity

You will likely feel better if you feel like you have accomplished something or worked toward a goal at the end of each day.



Get Ahead, Not Behind

Someday we will return to school, and it will be better to be ahead on your schoolwork! If you get behind, it will just make things worse. This is the perfect opportunity to get caught up on your work.



#5 – Stay Organized



cluttered room = cluttered mind!

Our environment affects the way we feel!

#6 –
Do
Something
Creative



Creative Ideas

Artwork

Draw or paint to express your feelings.

Music

Play an instrument or write a song.

Writing

Write a creative story or write poetry.

Cooking

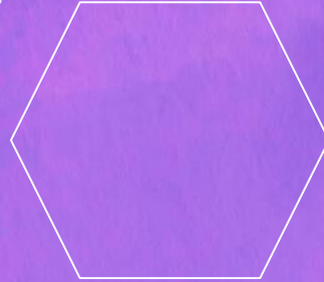
Try some new recipe ideas.
Bake cookies!

Makeup

If you enjoy doing hair and makeup, it can be a fun creative activity.

Photography

Take pictures of your surroundings.



not had the almost everlasting pain
which are the legitimate offspring of
a troubled mind. It is well worthy
to my mind that a wrong-trunk
or a wrong-door can not possibly
be passed, unless he personally keeps
a continually near unwieldy & low it
made & receive the easy yoke of Christ.
Man may, out of the perverseness
of his heart, refuse the pursuit of
God's written invitation & thus endeavor
to screen his faults from the re-
proaches of conscience, but he can
never ignore the revelation of nature
which is an ever open book speak-
ing in softness it is true but not
withstanding irresistibly of the Law
of God, the great God, & wherein
the glory, praise, remission & power,
of our ever-caring Father.

The 1st of Jan 1890
at 100 ft - only 1 ft. before
the tide was low and the

Jan 27. The New Year
and the old year
gone with all
the old year
the new year

course a very important epoch
in my life. It is not without
fear that I contemplate my com-
ing examination, & without dis-
trust - of my un-
tried ability that I shall enter
into & upon the arduous du-
ties of the legal Profession but
with an unbounded trust in
the kindness & perfection of my
great Creator & that He delights
to take care of the creatures of
his Infinite Wisdom. I trust that
only Father, through the Inter-
cession of Christ our Savior & In-
tercessor that my career may be
honorable & just, that I may es-
pouse the side of justice, & may
never be found in the ranks of
Oppression & Injustice; that the
weak, the orphan, the poor, may

I am not a jealous
 hypocrite, May all
 that at my loss,
 I am not a jealous

#7 – Keep a Journal



Express your Feelings

It will be fun to look back on your journal
in a few years!

#8 –
Reach Out
to Others





#9 – Eat Healthy

The background of the image is a vibrant purple watercolor wash. It features a variety of shades from deep magenta to bright fuchsia, with soft, blended edges and some darker, more saturated areas, creating a textured, artistic feel.

Eat fruits, vegetables,
and protein.
Avoid junk foods!

#10 –
Listen to
Music



If you're in a bad mood,
try this . . .

Listen to 3 songs:

- ◊ A song that matches your energy
 - ◊ A neutral song
- ◊ A song that feels positive & uplifting

Example: If you feel sad or depressed, listen to songs in this order:

- ◊ A slow, sad song
- ◊ A song in between happy & sad
- ◊ A song that is happy with a fast beat

LATEST NEWS

#11 – Limit News
Watching

Should we watch the news?



It is good to stay informed, but there is no need to constantly check the news.

If you feel stressed or anxious, take a break from the news and do something fun.



#12 –
Remember
this won't
last Forever

Conversations will not be cancelled.
Relationships will not be cancelled.
Love will not be cancelled.
Songs will not be cancelled.
Reading will not be cancelled.
Self-care will not be cancelled.
Hope will not be cancelled.

May we lean into the good stuff that remains.

TO
WRITE
LOVE
ON HER
ARMS.