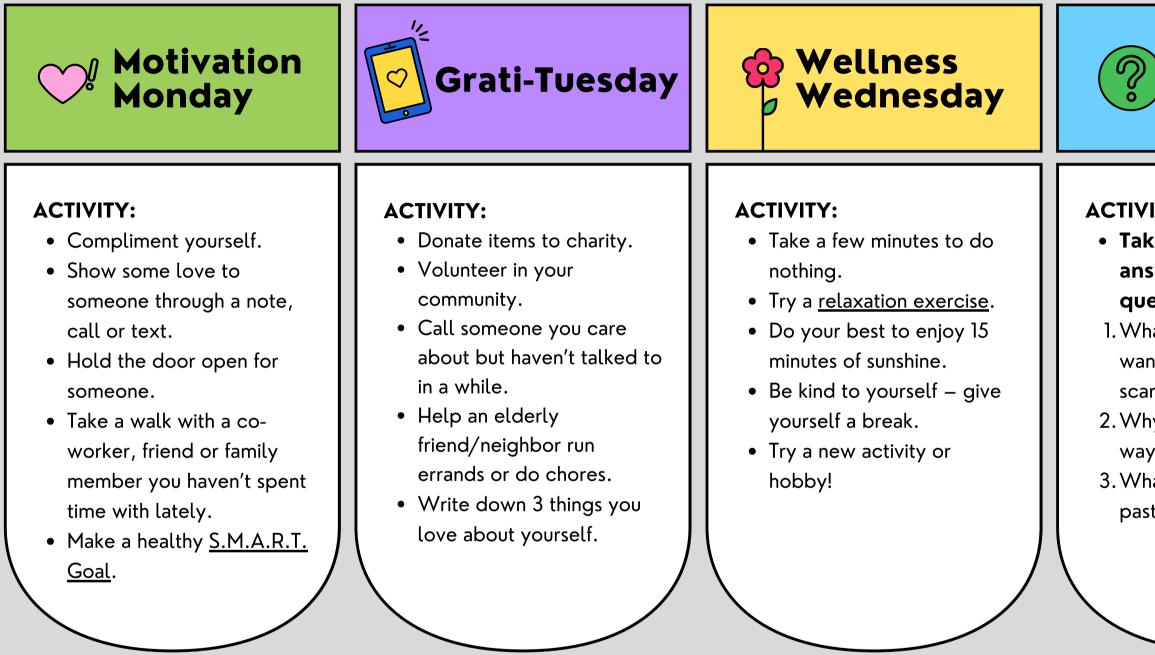
W RKING FOR **BE KIND TO YOUR MIND WELLNESS WEEK**



DIRECTIONS: Aim to complete at least one daily activity. At the end of the week, let us know about your experience HERE.

<u>Research</u> indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer!

Remember to take care of your mental health during the challenge. While it's important to show others kindness, especially when you don't know or you may not understand what another person is going through, you should also be mindful that your needs are critical. To help others, you must care for yourself first. Remember, self-care is not selfish - it's survival. Be kind to your mind.

Thinking Thursday

Feel Good Friday

ACTIVITY:

- Take a few moments to answer these questions:
- 1. What is something you want to do but you're scared to try?
- 2. Why do you feel that way?
- 3. What can you do to get past this fear?

ACTIVITY:

- Spend some time with a pet or volunteer at a shelter.
- Say "no" to a social event that overwhelms you.
- Sign up to volunteer your time with a nonprofit.
- Do something with friends & family (game, walk, etc.)
- Treat yourself to dark chocolate to boost your brainpower.

