

# BE KIND TO YOUR MIND WELLNESS WEEK

## Motivation Monday

### ACTIVITY:

- Compliment yourself.
- Show some love to someone through a note, call or text.
- Hold the door open for someone.
- Take a walk with a co-worker, friend or family member you haven't spent time with lately.
- Make a healthy S.M.A.R.T. Goal.

## Grati-Tuesday

### ACTIVITY:

- Donate items to charity.
- Volunteer in your community.
- Call someone you care about but haven't talked to in a while.
- Help an elderly friend/neighbor run errands or do chores.
- Write down 3 things you love about yourself.

## Wellness Wednesday

### ACTIVITY:

- Take a few minutes to do nothing.
- Try a relaxation exercise.
- Do your best to enjoy 15 minutes of sunshine.
- Be kind to yourself – give yourself a break.
- Try a new activity or hobby!

## Thinking Thursday

### 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?

## Feel Good Friday

### 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.

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

Research 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.