

Mental Health Week Daily Challenges:

Monday: How are You?

How many times do you ask—or answer—the question, “How are you?” And how many times do you go through the motions and miss the opportunity to connect?

Instead of saying “fine,” try to be specific. Other positive feeling words might be “excited,” “thankful,” “joyful,” or “refreshed.” Negative feeling words might be, “afraid,” “disappointed,” “tired,” or “angry.” Use descriptive words and then explain why you are feeling that way. See how it changes your conversations!



Tuesday: Practice Listening

The Key to real connection? Listening, and most of us could do much better at it. The good news is that listening is a skill you can



build and get good at. Here are some basics:

Do: Show the other person you’re listening by facing them, being relaxed and making good eye contact. Listen in order to understand. Encourage others to talk by using questions when appropriate or phrases like “tell me more.”

Don’t: Interrupt or cut someone off, this usually just shuts them down. Give advice or problem solve unless the person is asking for your help, just listen. Don’t assume that you know what the person is going to say next.

Wednesday: Be Generous



Research shows us that by giving to others, you also give to yourself. Whether you volunteer your time, do random acts of kindness or donate to a cause, helping others will boost your own well-being too. Our communities need us more than ever right now, find out how you can give, in whatever way you can.

Thursday: Practice Gratitude

Like listening, gratitude is an important skill that we could all get better at. Gratitude increases physical and mental health and is overall just good for you well-being. Besides, who doesn’t like being around someone who is grateful! Here are some ways that you can practice gratitude: 1) Start a gratitude journal. 2) Try to go a day without complaining, look for things to be grateful for instead! 3) write a letter or send a message to someone thanking them for their friendship.



Friday: Feel Good Friday



Get outside and get some exercise. Fresh air and exercise releases a hormone called endorphins . Endorphins, sometimes called the “happiness hormone,” do exactly that, resulting in a feeling of well being. Go on a walk or bike ride, try something new like roller blading or skateboarding. Do something with your family outside like playing frisbee or tag. There are plenty of ways to get active outdoors!

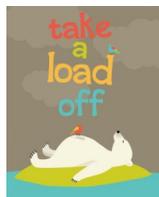
Saturday: Spread Kindness

Kindness is contagious! Send an encouraging card or message to someone, do a chore for a family member or some yard work for a neighbor . Compliment someone, use sidewalk chalk to write out positive messages or pick up litter around your neighborhood. What might seem simple for you could make someone else’s day!



Sunday: Rest & Relax

For many people, Sundays are a day that we take a break from work, school, household chores and yard work, making it the perfect day to rest and relax. Do something today that makes you feel relaxed and refreshed. Maybe it’s a long walk, reading a good book, journaling, talking to a good friend or having a nap. Whatever it is, it’s important that we take time each week to care for ourselves by stepping away from the stress of life and having healthy ways to refresh and recharge.



Having good Mental Health is something that we can all work on each day!

Remember, just like exercise and eating healthy is a part of taking care of our physical health, being kind, thinking positive thoughts and noticing our feelings are part of taking care of our Mental Health.



We hope you and your family enjoyed this week’s Mental Health challenges!