

Mental Health Awareness Calendar

	Mantra Monday	Try-It Tuesday	Wellness Wednesday	Thankful Thursday	Freebie Friday
Self-Esteem	I am loved	Body Scan Sit in a comfortable position. Close your eyes or look down. Bring your awareness to each body part and notice what you observe.	Self-hug Inhale and bring your arms out to a T. Exhale and give yourself a big hug. Now tell yourself something kind. Repeat exercise with the opposite arm on top.	Self-Esteem Gratitude Draw or write one thing about yourself that you are grateful for.	Self-Esteem Interactive Lesson See Mental Health Toolkit Page 5
Healthy Relationships	I am a good friend	3 Wishes When it's hard to be kind to someone, send them 3 wishes: May you be happy, May you be healthy. May you be peaceful.	Tree Circle Everyone stands in a circle and does their best tree pose. Once your branches (arms) are raised connect hands. See how long you can hold with the support of your circle.	Connection Gratitude Draw or write about someone you are grateful for.	Healthy Relationships Interactive Lesson See Mental Health Toolkit Page 6
Resilience & Purpose	I am brave	Box Breath Breathe in for 4, Hold for 4, Breathe out for 4. Hold for 4. Try this when you are faced with a challenge.	Wall Sit It will be hard but you can do it. Put your back on the wall and bend your knees to sit against the wall. Hold for 30 seconds.	Resilience Gratitude Draw or write about a challenge you have faced with courage.	Resilience & Purpose Interactive Lesson See Mental Health Toolkit Page 7
Positive Choices	I choose to be kind	Take a Pause When you're thinking about making a choice that isn't healthy, ask yourself - How is this good for me?	Make Your Choice For 1 minute do jumping jacks or jog in place.	Choice Gratitude Draw or write about one healthy choice you made today.	Choices Interactive Lesson See Mental Health Toolkit Page 8