



The topic of mental health has never been more important than now. COVID-19 has turned our worlds upside down and the feelings of worry, isolation, loneliness, and anxiety associated with the pandemic are affecting us all. Our mental health is essential to overall wellbeing. Coping strategies can help us better deal with adversity.

Join us in raising awareness about mental illness and help reduce stigma by engaging in the Mental Health Week activities and coping skills below.

MUSIC MONDAY
Coping Strategy: Listening to music helps relax our brains and bodies.
Spend 5 minutes listening to your favorite music or songs today. Solo dance parties and air guitars are allowed!

CRUISE DAY TUESDAY
Coping Strategy: Visualizations are a great relaxation tool.
Visualize yourself on a beach or in your favorite place. You can also listen to guided visualizations!

WORKOUT WEDNESDAY
Coping Strategy: Moving our bodies is a stress burner!
Go for a walk or run, or try a fun workout video on YouTube!

THINKING CAP THURSDAY
Coping Strategy: Journaling or writing things down help them from swirling in our minds!
Try starting a journal or making a list of your thoughts and feelings!

FLANNEL FRIDAY
Coping Strategy: Feeling physically cozy, helps with stress, like the Danish "hygge" culture.
Try wearing cozy pjs or sweats, socks or snuggling up with your favorite blanket or stuffed animal.

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Monday: Listen to this [Spotify playlist](#) to lift your mood!

Tuesday: Follow this [ocean escape](#) guided meditation!

Wednesday: Try this [High-Intensity Interval Training](#) workout to release stress!

Thursday: Try these thought provoking [journal prompts](#)!

Friday: Learn about the art of coziness, the Danish way with "[hygge](#)!"

We are all experiencing an array of feelings regarding the current pandemic. Identifying those feelings can help you cope more effectively.

Completing this [Owning Your Feelings](#) worksheet can help you identify and express your feelings.

1 IN 5
people will experience a mental illness during their lifetime.

However,
EVERYONE
faces challenges in life that can impact their mental health.



A strong social support system improves overall mental health outcomes and the ability to bounce back from stressful situations.