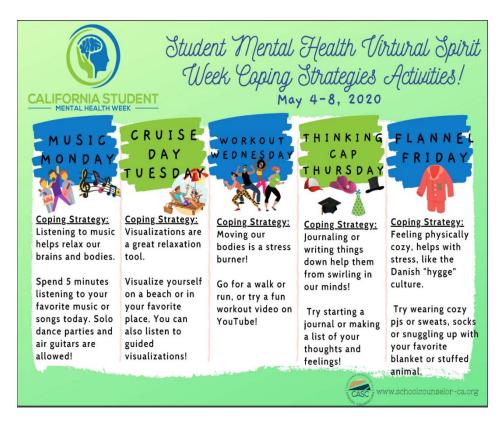


The topic of mental health has never been more important than now. COVID-19 has turned our worlds upside down and the feelings of worry, isolation, loneliness, and anxiety associated with the pandemic are affecting us all. Our mental health is essential to overall wellbeing. Coping strategies can help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



Monday: Listen to this <u>Spotify playlist</u> to lift your mood!

Tuesday: Follow this <u>ocean escape</u> guided meditation!

Wednesday: Try this <u>High-Intensity Interval</u> Training workout to release stress!

Thursday: Try these thought provoking <u>journal</u> 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.



