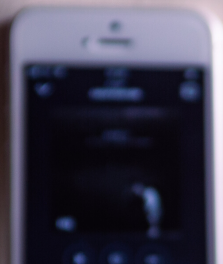


# Monday



## Coping Strategy

Listening to music helps relax our brains and bodies.

Spend 5 minutes listening to your favorite music or songs today.

# 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.

# Wednesday

## Coping Strategy

Moving our bodies is a stress burner.

Go for a walk or a run, or try a fun workout video on YouTube!



# Thursday

## Coping Strategy

Journal writing can help process thoughts and emotions.

Try starting a journal or making a list of your thoughts and feelings.



# Mental Health Awareness Week

May 4th - 8th, 2020

SMS School Counselling

Mrs. Byers

Lori.Byers@nbed.nb.ca

## Mental Health, like Physical Health is:

- \*Important
- \*Something everyone has
- \*Worth making time for
- \*Part of being human
- \*Something we need to look after
- \*Complex
- \*Positive and negative



# Friday

## Coping Strategy

Show someone your appreciation.

Write a thank you note for an essential worker or tell someone how much you appreciate them.

i am grateful

