

5 THINGS YOU CAN DO



VALUE YOURSELF: TREAT YOURSELF WITH KINDNESS AND RESPECT

To celebrate and raise awareness about mental well-being, we have put together a full month of resources, tips and virtual activities to support the community with their mental health. Here are some ideas for activities you can enjoy, online and in-person, while keeping yourself and your family safe.

- 1 TRY A MEDITATION APP**
Help anxiety and stress with apps like Headspace or Calm. Happify and Moodfit are a couple of great apps to help boost your overall mental well-being.
- 2 MAKE SPACE FOR FEELINGS**
Track gratitude and achievement with a journal. Include 3 things you are grateful for and 3 things you are able to accomplish each day.
- 3 STICK TO A ROUTINE**
Go to bed and wake up at consistent times. Build in time for rest and relaxation.
- 4 PRACTICE RADICAL SELF-ACCEPTANCE**
We're doing too many things at this moment, under fear and stress. Give yourself what psychologists call "radical self-acceptance": accepting everything about yourself, your current situation and your life without question, blame or push back. You cannot fail at this - there is no road map, no precedent for this and we are all truly doing the best we can in an impossible situation.
- 5 WHENEVER YOU FEEL OVERWHELMED**
Focus your breathing to help you slow down and re-centre.



Cochrane Scavenger Hunt is an opportunity for all Cochranites to rediscover, explore and ultimately, have fun while adventuring in their own backyard this spring. Fun for all ages and prize draws!

Download instructions and maps at cochrane.ca/ScavengerHunt.



Follow this Facebook event for the entire month of May for daily mental health tips, resources and more.

fb.com/events/155068976471900

