

5 THINGS YOU CAN DO

HELLO
NEIGHBOUR!



HELPING OTHERS IN BIG AND SMALL WAYS GIVES US A SENSE OF CONTROL

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

HELP YOUR NEIGHBOURS

Drop off a help card to your neighbour or pitch in with mowing, gardening or harvesting. Maybe you can exchange work. www.cochrane.ca/Covid-19

PRACTICE KINDNESS WHEREVER YOU GO - DAVID IRVINE OF IRVINESTONE

We are all doing the best we can to get through these challenging times. Let's make it a point to grant each other a little grace. Even while wearing a mask we can smile with our eyes, offer encouragement with a hand gesture, and practice patience with our tone of voice. We've never been more alone, but we have also never been more together, sharing this experience with eight billion people on this planet. Community is developed one kind act at a time.

2

3

NEIGHBOURHOOD SIDEWALK ART WALK

Brighten up your neighbourhood with sidewalk chalk art. Pick a day for everyone in your neighbourhood to walk around and view the creations.

4

BE A HELPER

Mow a lawn, give to your favourite charity or do your own surprise door drops for friends and family.

5

VOLUNTEER YOUR TIME AND ENERGY TO HELP SOMEONE ELSE.

You'll feel good about doing something tangible to help someone in need - and it's a great way to meet new people.



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

