

Presents:

# Mental Health Week

Mental Health Week is May 4-8, 2020 and GSACRD Voice is bringing you a week full of activities to keep you feeling energized and healthy!

We all have mental health, just like we all have physical health. We need to create space every day to engage our minds and bodies to care for ourselves in every way: mentally, physically, emotionally, and spiritually. Mental Health Week is a time to reflect on the positive 'tools' we already possess within ourselves and notice how we can take steps to improve our mental health.

Come join us each day of the week as we adventure together with food, physical activity, mindfulness, and self-care. See below for a schedule of events and use the following link to access the fun!

[GSACRD Voice Mental Health Week Activities](#)

Sincerely,

Your GSACRD Voice team:

Lauren, Brittany, Caitlin, and Deanna

## Activity Schedule

	Monday, May 4th	Tuesday, May 5th	Wednesday, May 6th	Thursday, May 7th	Friday, May 8th
Nutrition	Healthy Breakfast	Healthy Lunch	Healthy Dinner	Healthy Snack	Healthy Dessert
Physical Activity	Barre and Movement	Workout	Ball Skills	Yoga	Dance
Mindfulness	Mindful Breathing	Mindful Listening	Mindful Eating	Progressive Muscle Relaxation	Guided Meditation
Self-Care	Puzzlin'	Scavenger Hunt	Colouring	Crafts	Games