

VERONA PUBLIC SCHOOLS

Mental Health Awareness Week

MONDAY, MAY 25TH TO FRIDAY, MAY 29TH

Meditation Monday

Take a moment to do some Mindful Meditation today. Check out the [relaxation room](#) on the SEL website for some inspiration!

TALK ABOUT IT TUESDAY

Take time to talk to a friend or family member and check-in. Connect with one another and discuss how you're feeling. Having dinner together is a great way to take the time to talk!

WORK IT OUT WEDNESDAY

Get active! Move your body! Go for a walk (practice social distancing), jump rope, anything to get the blood pumping and your body moving! Check the [relaxation room](#) for some yoga videos and tips.

THANKFUL THURSDAY

Take a moment to be thankful for the things you are able to still do and have. Practicing gratitude has a tremendous effect on mental health. Start your day with thinking of 3 things that you are grateful for.

FUN FRI-YAY!

Have some FUN today! Whatever your definition of FUN is - do it! Maybe it is a family game night or a virtual dance party; get those endorphins going with fun! Click [here](#) to see a fun video!

Post to social media using #VeronaMentalHealthWeek and you could win a \$10 gift card to a local business!