

Monday 4th



This Week's Challenge

"Interview" someone you love about life. These questions provide a great starting point, but feel free to add or create your own!

Connect

Tuesday 5th

**Joyful
Movement**



Have a friend or family member you miss hanging out with? Set-up a physical distancing visit; make their house your destination and set off! Bike, skateboard, scooter, walk, or run to their home and sit in the sun and enjoy a chat in person while still keeping your distance.

Wednesday 6th

Cooking or baking is a great way to connect. Choose a recipe with a housemate or friend/family member and make it together. If you're not in the same space, use Skype, Zoom or Facetime so you can chat as you make your meal at the same time. Sit down and eat together! Check out these healthy and delicious recipes for some inspiration.

Healthy Eating

Thursday 7th

**3:15-3:30
Weekly Division
Mindfulness Sit**

Take part in a Mindful community! Join a member of the MHCb team for a brief 15 min. guided Mindfulness sit, to help you calm, re-focus, and re-energize with staff from across the Division.

Email mhcb@brsd.ab.ca to participate.

Connection



Connecting doesn't just feel good - it's good for our mental health.

Looking for more wellness resources or supports for students, staff or families?

Connect with your BRSD MHCb Wellness Coach or mhcb@brsd.ab.ca.

"If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person."

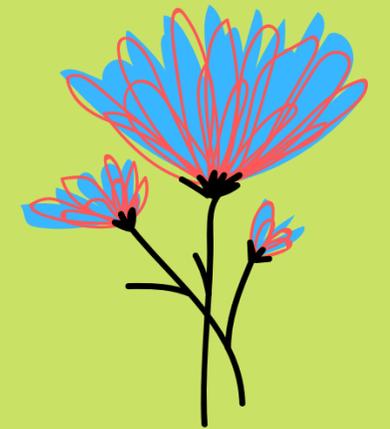
Fred Rodgers

Friday 8th

Challenge Reflection

- What new information did you get from your "interview"?
- How did your conversation help you to understand your friend/family member better?
- How did your loved one feel to have you "interview" them?

Wellness
NEWSLETTER



4-8

2020

MAY

**Mental Health
Week**

**I'm fine, thanks.
What I really mean is...**



CMHA Mental Health Week

May 4-10, 2020

Don't just get loud. **#GetReal**

Visit mentalhealthweek.ca for info and tools!

