

Student Mental Health Virtural Spirit Week May 4-8, 2020

MONDAY

tshirt or

musican!

Wear your favorite band you are dress up like relaxing your favorite beach vacation!



TUESDAY

Dress up like going on a



Show off your workout gear! Bonus points for it being 80's themed!



WORKOUT THINKING FLANNEL WEDNESDAY CAP THURSDAY

Wear your favorite hat, a funny hat, a party hat or creative headwear!



FRIDAY

Put on your comfy pajamas or sweatsuit outfit!







Student Mental Health Virtural Spirit Week Coping Strategies Activities! May 4-8, 2020

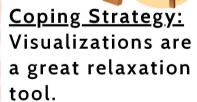




Coping Strategy: Listening to music helps relax our brains and bodies.

Spend 5 minutes listening to your favorite music or songs today. Solo dance parties and air guitars are allowed!

TUESDAY



Visualize yourself on a beach or in your favorite place. You can also listen to guided visualizations!



Coping Strategy: Moving our bodies is a stress burner!

Go for a walk or run, or try a fun workout video on YouTube!



Coping Strategy: Journaling or writing things down help them from swirling in our minds!

Try starting a journal or making a list of your thoughts and feelings!



Coping Strategy: Feeling physically cozy, helps with stress, like the Danish "hygge" culture.

Try wearing cozy pis or sweats, socks or snuggling up with your favorite blanket or stuffed animal





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Try this Spotify playlist to lift your mood!

tinyurl.com/monday coping



Follow this guided beach walk!

tinyurl.com/tuesday coping

WEDNESDAY



Try this fun Mousercise work out video from 1983!

tinyurl.com/wednesday tinyurl.com/thursday coping

THURSDAY



Try one or more of these thought provoking journal prompts!

coping

THINKING FLANNE

Learn about the science & art of coziness, the Danish way with "hygge" & try what sounds good to you!

tinyurl.com/friday coping1

tinyurl.com/friday coping2

