



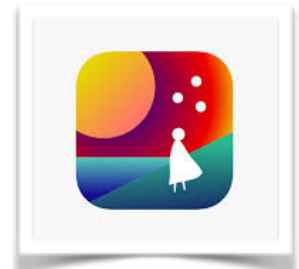
Good Feeling apps :



Happify



Bitmoji



TheFabulous

# GILKS' GUIDE

TO WELLNESS RESOURCES

**ACTION CALENDAR: MEANINGFUL MAY 2020**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe

4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
				29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**

31 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm • Stay Wise • Be Kind

## Social/Emotional Health

It is **Mental Health awareness week** and the CMHA has an awesome campaign with free toolkits and social media stickers to use. See <https://mentalhealthweek.ca/toolkit/> for information.

Another fabulous infographic that provides an abundance of tools and "practical ways students can look after their mental health each day" from

Contact information: [kimberly.gilks@nbed.nb.ca](mailto:kimberly.gilks@nbed.nb.ca)



Get ready to get loud and **#GetReal**



CMHA Mental Health Week

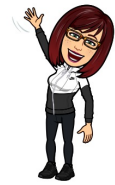
**May 4-10, 2020**

We say we're fine, even when the truth is we're ecstatic, exhausted, grateful, or even freaking out. Every time we just go through the motions, we miss out on the chance to connect for real. In times of crisis we need each other more than ever.

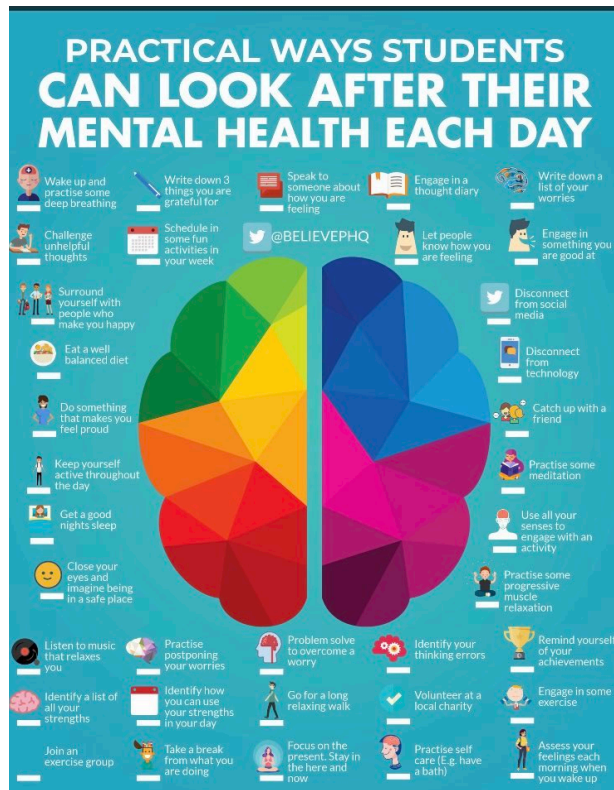
Connecting doesn't just feel good—it's good for our mental health.

Visit [mentalhealthweek.ca](http://mentalhealthweek.ca) for info and tools!

<https://believeperform.com/>. Take a look and  
**Give one a try today!**



Check  
out...



## Mental Health Mondays

from our district health mentor  
John Fletcher:

### #1 HEALTH TIPS



### #3 SLEEP HYGIENE



CBC Kids...

Mental Health Minute  
with fun clips and good tips

[www.fake.teeth](http://www.fake.teeth)

# Learning from Home

Can you handle some finances? Learn about **budgeting** at <https://www.pathwaysinschools.com/students/middle-school>  
and **Discover Data:** <https://www.discoverdatainschool.org>



**Picture of the Day!**... <https://www.pobble365.com/out-of-control/> tagged "out of control"

Can you draw what the driver has seen out of the window?  
You could also draw the vehicle the man is driving.

Let's help our community...How to make a  
**DIY face mask!** <https://www.youtube.com-masks>

## Careers

What's your passion? Get inspired and gather supportive people around you. Tips from Bethany Zelasko, a cool Canadian Athlete  
[youtube video: 20 questions for Canadian athlete](#)



Hotlines:

CHIMO 1-800-667-5005

KIDS HELP PHONE  
1-800-668-6868 or text  
686868

Child & Youth teams  
778-6111

Mobile Crisis Units  
623-3333

Hope for Wellness  
1-855-242-3310

