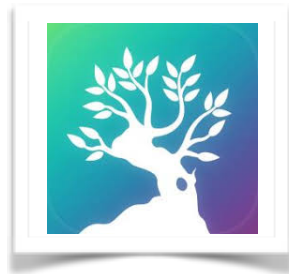




Mental health apps :



Away



What's up



SOS-method

GILKS' GUIDE

TO WELLNESS RESOURCES

ACTION CALENDAR: MEANINGFUL MAY 2020

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

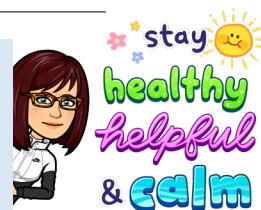
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	1 Take a minute 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

ACTION FOR HAPPINESS

www.actionforhappiness.org

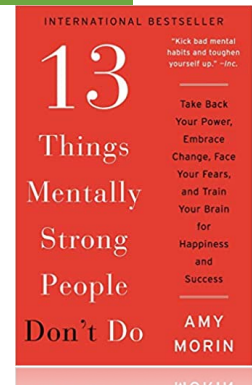
31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm • Stay Wise • Be Kind



Social/Emotional Health

Looking after your own mental health and the health of other family members is very important. This bestselling book explores a different perspective to train your brain for success and happiness. A great read!



Contact information: kimberly.gilks@nbed.nb.ca

Parent Tips:

Helpful questioning skills to engage conversations with your teen!

Questions to ask your child in self-isolation **YOUNGMINDS**



Learning from Home

Get outdoors and try a family **scavenger hunt**

from www.kcedventures

May 20 World Bee day-What can you do to help save the bees?

<https://explore.org/honey-bee-hive-cam>



Picture of the day is www.pobble365/the-woods/

Story starter...

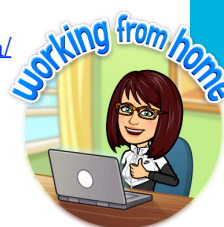


It had all started out as a dare. "No one is brave enough to camp out in the woods all alone" they had all said. So far, he had proved them wrong...

Daily SEL lesson- Harnessing Happiness at <https://www.clsteam.net>

Careers: explore my blueprint.ca and www.workbc.ca/careercompass/career-quiz

Contact information: kimberly.gilks@nbed.nb.ca



Hotlines:

Miramichi
TELE-guidance
626-3257

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