Everyday Mental Health Activities

Calm Place

Where do you feel the most relaxed?

Imagine you are there.

What do you see?

What do you hear?

Are there any smells, tastes, or textures?

Keep In Mind
- You can use your **Calm Place** to feel more at peace during stressful moments.
- Spend time developing details of your **Calm Place** to make it feel more realistic.
- Use your imagination and walk around your **Calm Place** – notice every detail.

Four Finger Affirmations

Select four words that make you feel calm and confident. It might be a sentence or just four words.

Examples: "I am loved today"
"I believe in me"
"Breathe, listen, smile, love"
"I can handle this"

Each word you have chosen will match a finger on your hand.

As you say your affirmation in your head, connect each finger with your thumb.

Keep In Mind
- The more you say this the more you will feel that what you say is true.

Gratitude Moment

Being grateful makes you more patient when life is difficult.

Think of something that you are grateful for.

Hold this in your mind for a moment.

You may choose to write the details of your gratitude moment in a journal or share with someone.

Keep In Mind
- This is a great way to end the day.
- Try to practice this regularly.
- Be grateful for small things (flowers, smiles, chocolate) and grand things (friends, clean water, music).

Just Breathe

Focus on your belly, maybe put your hand there.

As you breathe in deeply through your nose, send this breath all the way down to your stomach.

Breathe in... feel your stomach expand and your hand move out.

Breathe out... feel your stomach contract and your hand move in.

Keep In Mind
- The activity can be helpful before a test or any stressful situation.
- The more you practice, the more natural this will feel!
- Before sleep is a great time to practice.

Just Listen

Start with a deep breath. If you feel safe, close your eyes.

Open your ears to sounds far away from you.
Listen for a minute. What do you hear?
Next focus on sounds close to you.
Listen for a minute. What do you hear?
Now focus on sounds inside your body.
Listen for a minute. What do you hear?

Just Notice

Notice 5 things you can see.

Notice 4 things you can hear.

Notice 3 things you can feel/touch.

Notice 2 things you can smell.

Notice 1 thing you can taste.

Keep In Mind
- Just notice is an example of a grounding practice.
- Grounding is a way to focus your attention to the sensations you are experiencing in this moment.
- Grounding is good to practice at any time but especially helpful when your emotions or thoughts are stressing you out.

Let It Go

Sit comfortably and take a deep breath.

Use your fingers to gently massage the top of your head.

Still in massaging motion bring your fingers to your forehead, eyebrows, temples, around your eyes, cheeks, and jaw. If you notice tension anywhere – **let it go**.

Finally massage each of your ears and end by gently pulling your earlobes.

Keep In Mind
- Take your time with each area especially where you hold the most tension.
- You may try this technique on your hands using a massaging motion to focus on each finger, thumb, and palm.

Tense and Relax

Squeeze your hands into fists as tight as you can hold for a few seconds then relax your hands.

Push your shoulders up to your ears and hold for a few seconds then relax your shoulders.

Push your heels down into the floor, squeeze your toes and hold for a few seconds then relax your feet.

Tense your stomach muscles as tight as you can and hold for a few seconds then relax your stomach.
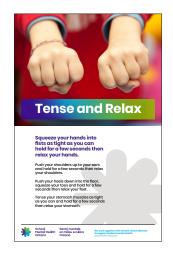
These everyday activities promote mental wellness. They can help children to take a moment in their day to settle, and feel calm. For additional information about supporting mental health, please visit https://smho-smso.ca/