

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 **Calme Place** to feel calm or grounding during moments.
- Repeat the relaxing details of your **Calme Place** outside of your home.
- Use your imagination and feel relaxed every day!

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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.

Keep in Mind

- Just notice in an unjudged or grounding practice.
- Repeating is a way to direct your attention to the sensations you are experiencing in this moment.
- Grounding is good to practice at any age, but especially helpful when your emotions or thoughts are overwhelming you.

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Just Breathe

Focus on your belly, maybe put your hand there.

As you breathe in deeply through your nose, your ribs stretch 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 repeated before or after an anxiety-provoking situation.
- The more you practice, the more relaxed you will feel.
- Before sleep is a great time to practice.

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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 start the day.
- Try to practice daily.
- Be grateful for small things (flowers, smiles, laughter) and grand things (family, clean water, air).

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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.

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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?

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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 putting your eyebrows.

Keep in Mind

- Take your time with each one especially where you feel the most tension.
- Use your eyes, technique as your needs using a massaging motion to focus on the finger thumb, eye pain.

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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, relax, 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 to yourself the more you will feel that when you're in a fix.

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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/>