

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

MUSIC MONDAY

Wear your favorite band you are tshirt or dress up like relaxing your favorite beach musican!



DAY TUESDAY

Dress up like going on a vacation!



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!







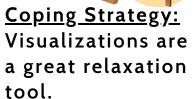
Student Mental Health Virtual Spirit Week Coping Strategies Activities! May 4-8, 2020



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.





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

MONDAY



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

