



CALIFORNIA STUDENT
MENTAL HEALTH WEEK

Student Mental Health Virtual Spirit Week

May 4-8, 2020

MUSIC MONDAY

Wear your favorite band tshirt or dress up like your favorite musician!



CRUISE DAY TUESDAY

Dress up like you are going on a relaxing beach vacation!



WORKOUT WEDNESDAY

Show off your workout gear! Bonus points for it being 80's themed!



THINKING CAP THURSDAY

Wear your favorite hat, a funny hat, a party hat or creative headwear!



FLANNEL FRIDAY

Put on your comfy pajamas or sweatsuit outfit!





CALIFORNIA STUDENT
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Student Mental Health Virtual Spirit Week Coping Strategies Activities!

May 4-8, 2020

MUSIC MONDAY



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!

CRUISE DAY TUESDAY



Coping Strategy:
Visualizations are a great relaxation tool.

Visualize yourself on a beach or in your favorite place. You can also listen to guided visualizations!

WORKOUT WEDNESDAY



Coping Strategy:
Moving our bodies is a stress burner!

Go for a walk or run, or try a fun workout video on YouTube!

THINKING CAP THURSDAY



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!

FLANNEL FRIDAY



Coping Strategy:
Feeling physically cozy, helps with stress, like the Danish "hygge" culture.

Try wearing cozy pjs or sweats, socks or snuggling up with your favorite blanket or stuffed animal.



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MUSIC MONDAY



Try this Spotify
playlist to lift
your mood!

[tinyurl.com/monday
coping](https://tinyurl.com/mondaycoping)

CRUISE DAY TUESDAY



Follow this
guided beach
walk!

[tinyurl.com/tuesday
coping](https://tinyurl.com/tuesdaycoping)

WORKOUT WEDNESDAY



Try this fun
Mouercise work
out video from
1983!

[tinyurl.com/wednesday
coping](https://tinyurl.com/wednesdaycoping)

THINKING CAP THURSDAY



Try one or more
of these thought
provoking journal
prompts!

[tinyurl.com/thursday
coping](https://tinyurl.com/thursdaycoping)

FLANNEL FRIDAY



Learn about the
science & art of
coziness, the
Danish way with
"hygge" & try
what sounds
good to you!

[tinyurl.com/friday
coping1](https://tinyurl.com/fridaycoping1)

[tinyurl.com/friday
coping2](https://tinyurl.com/fridaycoping2)



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