



## Twitter Post

**Feel free to share these messages during Mental Health Week on Twitter!**

### **Movement Monday**

It is good for our mental health to be active! Physical exercise is a great way to reduce stress, improve our mood and well-being. What ways are you and your family staying active today, HCDSB?

### **Thankful Tuesday**

Having an “attitude of gratitude” does wonders for our mental health! Take some time today to share with your family members 1 – 2 things that you are thankful for!

### **Warm Wednesday**

Spreading Kindness to others boosts your own mental health. Send warm energy to others and you get it back. Do something KIND for someone today, smiles are contagious!

### **Try Something New Thursday**

Trying something new and switching up your routine is a great way to keep from getting bored. Discovering new things you like to do will also bring more joy to your life. So push yourself out of your comfort zone today!

### **Focus Friday**

Mindfulness can improve well-being by helping us to stay focused on the present and not letting our thoughts wander towards worry. Take a mindfulness walk today and use your senses to take in all the beauty around you.

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