

# Activities to support your mental health

**With so many unknowns and a lot of time spent at home in isolation, creating intentional time in your day for your mental health is a must!** Try and do something every day that will awaken your senses, help you do some deep breathing, get you up and moving to elevate your heart rate and allow you to focus on what you appreciate.

## Sensory

- **Drink and eat slowly and mindfully**—look closely before putting it in your mouth, smell, feel the texture in your mouth, listen to the sound of chewing, enjoy tasting each bite
- **Step outside and feel the fresh air in your nose, on your skin, in your lungs**—note the temperature, the smell, the colours, take time to touch your surroundings and listen to the sounds around you

### Aromatherapy Rice Bag

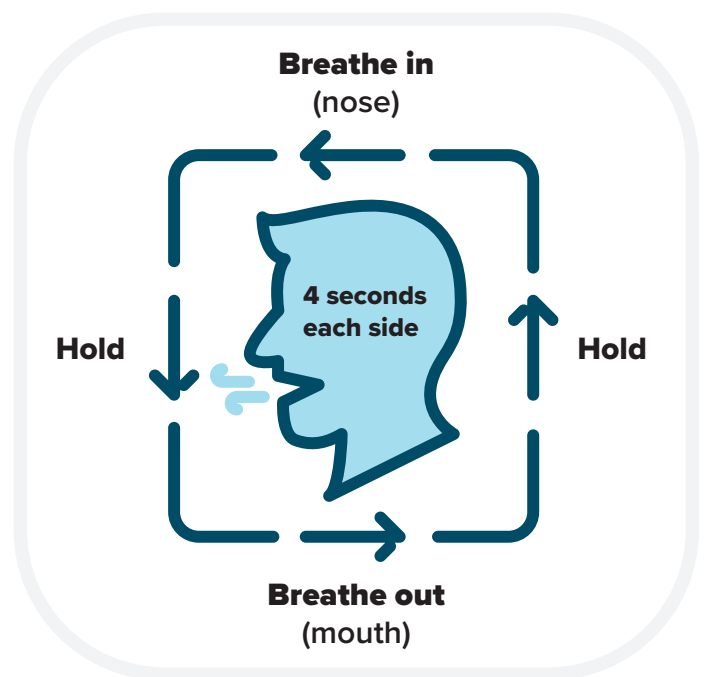
- Find a long cotton sock and fill it with rice.
- Add 10-15 drops of your favorite essential oil scent.
- Tie a knot at the end or sew it shut.
- Microwave your aromatherapy rice bag for 1-2 minutes for heat relief (make sure to check the temperature before laying it on your skin). Or, freeze your rice bag for an ice pack.

## Movement

- Stretching: neck, shoulders, back, hips, sides, quads, hamstrings, calves, feet, hands
- Push ups
- Squats
- Lunges
- Jumping Jacks
- Go for a walk outside
- Do some house chores



## Box breathing



[verywellmind.com/the-benefits-and-steps-of-box-breathing-4159900](https://www.verywellmind.com/the-benefits-and-steps-of-box-breathing-4159900)

## Positive Thinking

- What does feeling grateful feel like for you (body, mind, spirit)?
- What are 3 things you're grateful for today?
- Who is a person that you feel grateful for today (someone you know or don't know)?
- What is one way you can show gratitude today?
- What is something you can do to make yourself smile today?

For more information:  
[strathcona.ca/wellbeing](https://strathcona.ca/wellbeing) or call 780-464-4044