

# Be Kind to Your Mind



Mental health awareness is important, especially during times like this. Being in isolation during quarantine can cause anxiety and depression, but there are things you can do to take care of the mind!

## Mental tips to utilize during the COVID-19



1) Stay active. Go on a run outside, take a bike ride, or go on a walk. Spending time outdoors is a great way to take a break from technology!



2) Write/journal. Writing down your experiences and feelings about events in your life can help your brain process them in a healthy way.



3) Reach out to your friends and family! using zoom, discord, Snapchat, FaceTime: check in and talk.

## At-Home Mindfulness Exercise:

[https://m.youtube.com/watch?v=z\\_4B2HGwh1A](https://m.youtube.com/watch?v=z_4B2HGwh1A)

Linked here is a short 5 minute guided meditation exercise. Meditation is a great way to be present in the moment and calm down the mind and its never-ending thoughts. Meditation reduces stress and anxiety, and may ultimately provide noticeable health benefits for people!

We are Bring Change To Mind Club (BC2M) and we are a student led group that focuses on talking about mental health and bringing awareness, education, and understanding to the challenges that we may go through. As a club we discuss and plan activities to try to relieve some of the pressures that go on in our lives. We meet during Zoom on Wednesdays at 6:30pm. If you are interested in joining please contact Mrs. de los Santos or Ms. Keily.