



## Mental Health Awareness Calendar of Activities

Monday May 13	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17
<p><b>MOVIE MONDAY!</b> Student Center 12:30-2:30 <i>Inside Out</i> (Allison)</p> 	<p><b>MOTOCROSS VIDEO</b> Student Center 12:15-12:35 (Josh)</p>  <p><b>COMMIT RANDOM ACTS OF KINDNESS</b> Student Center 11-12 (Julie)</p> 	<p><b>GUEST SPEAKER</b> “How to Help a Friend in Crisis” Student Center 12:45-1:20 (Toby Guevin)</p> 	<p><b>TAKE A WALK!</b> Meet in Quad 11:30-12:30 (Sally)</p>  <p><b>YATZEE!</b> Quad 12:00-1:30 (Nathan)</p>  <p><b>GET ORGANIZED</b> Meet in Quad 12-12:30 (Jean)</p> 	<p><b>TAKE A WALK!</b> Meet in Lab 12:42-1:15 (Kelly)</p>  <p><b>LISTEN TO NATURE</b> 12:30-1:30 Student Center (Allison)</p> 

**Any Open Student Center time can be used for the individual activities. Videos/Resources:**

I’m Fine – Teen Depression - [https://www.youtube.com/watch?v=8g\\_kA2soWOo](https://www.youtube.com/watch?v=8g_kA2soWOo)

How to Help Someone Who is Suicidal - <https://www.youtube.com/watch?v=CAMAnPRLMH8>

Hardwiring Happiness: Dr. Rick Hanson at TEDxMarin 2013 - <https://www.youtube.com/watch?v=jpuDyGgleh0&app=desktop>

Mindshift App for your phone: <https://keltymentalhealth.ca/blog/2013/06/mindshift-new-app-youth-anxiety>