

This is a fun opportunity to check-in virtually with each other. Take a moment for yourself. These daily activities are not mandatory and are not meant to take a lot of time. Choose one or try them all, it's up to you!

Know that you are missed.

Be well and take care of yourself and those you love.

You are helping us all by staying home!

| Mindful Monday | GratiTuesday | Wellness Wednesday | Thoughtful Thursday | Fun Friday |
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| <p>How to manage the fear, grief, anxiety, and loneliness you may be feeling from the Coronavirus</p> <p>1.Short Video on Coping Strategies https://safeyoutube.net/w/EoL2</p> | <p>What is gratitude and why is it important?</p> <p>Gratitude is a feeling of appreciation. You recognize that something is valuable to you which has nothing to do with its monetary worth. It's looking for the good in our lives.</p> <p>Being grateful for what we have or certain people in our lives can help make us happier and change our brains, although it might take some practice. Good thing we have some time on our hands ;-) But you don't have to take my word for it.</p> | <p>There are 8 dimensions of wellness.</p> <ol style="list-style-type: none"> 1. Emotional 2. Spiritual 3. Intellectual 4. Physical 5. Environmental 6. Financial 7. Occupational 8. Social <p>Today we will focus on emotional wellness. Emotional wellness is the ability to cope effectively with life and build satisfying relationships with others. It helps us feel confident and in control of our behaviors and feelings.</p> <p>Our emotional wellness</p> | <p>Take the Peace Pledge! Uplifting our World Through Love and Action</p> <p>"I pledge to use my words to speak in a kind way. I pledge to help others as I go throughout my day. I pledge to care for our earth with my healing heart and hands. I pledge to respect people in each and every land. I pledge to join together as we unite the big and small. I pledge to do my part to create peace for one and all!"</p> <p>1. Surprise a friend or loved one you can't visit with a letter.</p> | <p>Do your own "distance dance!"</p> <p>"By participating in the #distancedance challenge, D'Amelio's followers can generate sponsored donations to Feeding America and Matthew 25: Ministries. Both organizations are currently working to serve at-risk populations that have been hit hard by the proliferation of COVID-19. " Insider by Hanna Lustig 3/25/2020 https://bit.ly/2QT4vhk</p> <p>1. "Stay home & do the #distancedance . Tag me &</p> |

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| | <p>1. Let UC Berkeley discuss their findings... https://bit.ly/3bzyfYI</p> <p>2. Need some ideas on things to be grateful for in tough times? Check out this list: https://bit.ly/2QUICOm</p> | <p>can be improved by doing activities that involve our senses: smell, taste, touch, sight, and sound. Listen to music, eat your favorite food, play with your pet, watch your favorite movie or the sunset, visit your friends and extended family virtually through facetime or zoom.</p> <p>1. The National Institute of Health has more suggestions on improving your emotional health https://bit.ly/2JqsRuG</p> | <p>2. Sign up a “Grandfriend” to receive letters. https://kidsforpeaceglobal.org/lovingletters/</p> <p>3. Write to a senior citizen in a retirement or recovery home who can not receive visitors because of the Covid-19 virus https://lovefortheelderly.org/letters</p> | <p>the hashtag in your video. P&G will donate to Feeding America & Matthew 25 for first 3M videos #pgpartner”</p> <p>-Charli D’ Amelio https://bit.ly/2UF2fv0</p> <p>2. Another Example from Jason Derulo https://bit.ly/3aquN29</p> |
| | | <p>Resources: https://bit.ly/3byRaIZ</p> | | |