

HEALTHY BEGINNINGS

Hiking for Mental Health

What You Need

- Supportive Shoes
- Water
- Weather/season appropriate clothing
- A place to walk

What Is Hiking?

Hiking is the activity of going for long walks. Hiking helps with physical health, clearing your mind, and improving your mood!

Did You Know? Being in nature is proven to lower stress levels!

1



Get your equipment!

2



Find an area to hike! (around the block, at a park, on a nature trail)

3



Stretch before walking to loosen up muscles!

4



Enjoy the hike! Hike for as long and as far as you like.



HEALTHY BEGINNINGS

Breathing Techniques for Mental Health

What You Need

-10 - 15 minutes

-Comfortable clothing

-Comfortable space

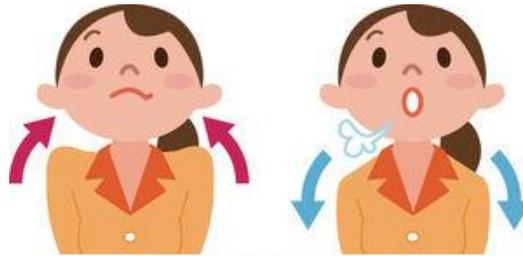
What are Breathing Techniques?

Breathing techniques are different ways for you to control your breathing that can help your mind and body relax!

Deep Breathing



2

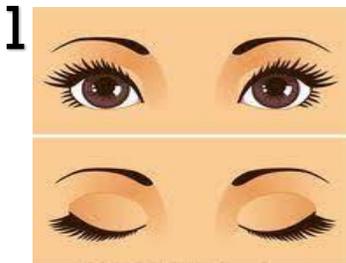


3



1. Sit comfortably on the floor or in a chair.
2. Breathe in through your nose. As you do it, count to 5 then breath out through your nose.
3. Repeat several times.

Bubble Breathing



2



3



4



1. Close your eyes if they are open.
2. Breathe in through your nose, and count to 5.
3. Breathe out through your mouth, and count to 10.
4. While you are doing it, imagine blowing a bubble with the air that comes out!



HEALTHY BEGINNINGS

Arts and Crafts for Mental Health

What You Need

- Paper
- Colouring pencils/crayons
- 30 mins to draw and colour

Why do Arts and Crafts?

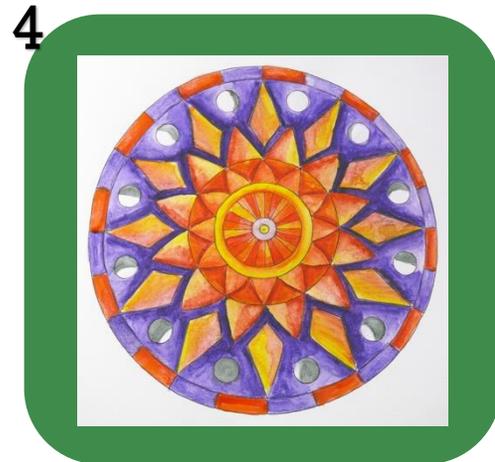
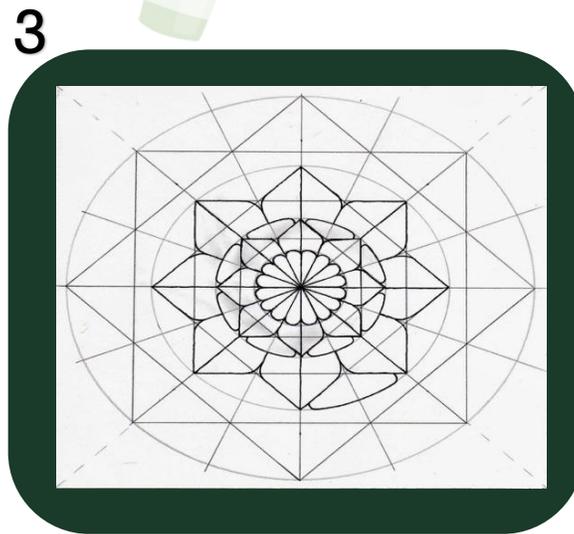
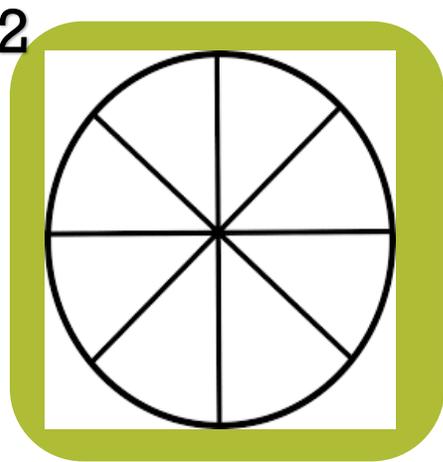
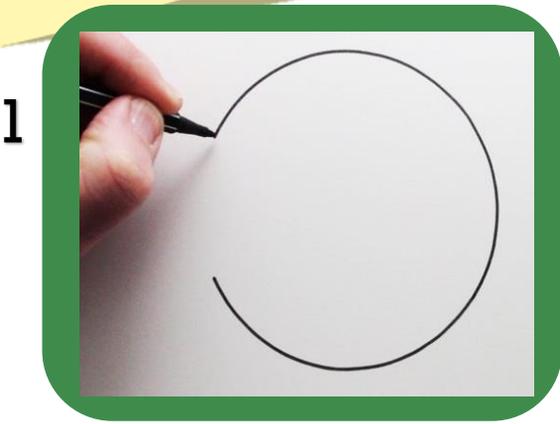
By taking time out of the day to colour or draw can help to reduce stress and improve mental health. It is easy to get wrapped up in drawing or colouring, and it give your mind a break.

This is a great activity for someone individually or the whole family to do!

Drawing Mandalas

1. Get a piece of paper and draw a large circle, either by yourself or with something to trace
2. Divide the circle into an even number of sections (at least 4)
3. Draw the same shapes and designs in each section.
4. Colour it in!

TIP: You can make it as easy or complex as you like!



HEALTHY BEGINNINGS

Sleeping Habits for Mental Health

Helpful tips

- Meditation!
 - Physical Activity
 - Reading a book
- All of these activities can help you get a restful sleep!

What are Good Sleeping Habits?

A good sleeping habit is taking care of your body the way it takes care of you! Sleeping in a regular pattern can help fight depression, anxiety and much more.

Tips to Help Sleep



Taking a bath can relax your body!



Physical activity can tire your body!



Meditation or reading before bed can calm your mind!

Get Ready For Bed

1



Pick a comfortable area!

2



Turn off electronics!

3



Sleep!



HEALTHY BEGINNINGS

Stress Coping for Mental Health

What You Need

- Balloon (any color)
- Uncooked beans, flour, OR uncooked rice!
- Bowl
- Funnel

Why Make a Stress Ball?

Squeezing a stress ball can help to relieve stress, improve concentration, ease muscle tension in the hands, and reduce anxiety!

1



Choose your filling (beans, flour, or rice)!

2



Choose a balloon and stretch it!

3



Use the funnel to put the filling into the balloon!

4



Tie the balloon tightly!

5



Enjoy your stress ball!

