“Stay Home, Stay Safe”

Arizona is beginning to open up with movie theaters, restaurants and some schools headed back in person. It is in this time that we take extra care of ourselves and each other.
Motivation Monday

For ages, 3-5 is recommended that children engage in active play for about 3 hours per day with a variety of activities. For ages, 6-17, 60 minutes per day of moderate to intense activity. Kids who are active, have better bone health, physical fitness, brain function and academic performance with fewer symptoms of depression.

Try It Tuesday

We are in unique times and we can forget about our mental well being and our anxiety and stress levels. This Try it Tuesday, take an at home anxiety test. If you feel like you need help dealing with anxiety related to Covid 19 visit some of these resources to learn more about caring for yourself!

Wellness Wednesday

Watch these 2 TEDTalks on Mental Health. Understand you are not alone & then take the stigma out of talking about and caring for your mental health!

“Child Health Day”

Children are our future! For today’s Motivation Monday, get out and be physically active with your kids! The amount of activity that your child needs will vary depending on your child’s age.

Be safe and have fun with your kids today!

Take an Anxiety Test

[link]

Covid-19 Anxiety

Feeling anxious about the coronavirus? You’re not alone. This toolkit from @TheShrineApp & MentalHealthAM can help: [link]

We are in this together!! Visit [link] to learn more about how to care for yourself during this pandemic!

Watch these TEDTalks!

You are not alone! The Struggle with Mental Health

[link]

Take the stigma out of talking about mental health and start taking care of your mental health!

[link]
National Depression Screening Day

Depression is not something to take lightly. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 35% of college students deal with mental health issues, the most common are anxiety and depression. If you are suffering from either of these don’t try and handle it yourself, reach out and get help! Use the resources below and take care of your mental health!

SAMHSA National Helpline – 1.800.622.4357
Crisis Text Line – Text “HOME” to 741741
Covid-19 Crisis Hotline – Call 211

National 24 Hour Crisis Hotline
National Suicide Prevention Lifeline – 1.800.273.8255
National Substance Use Hotline – 1.800.622.4357

AZ County Hotline
Salt River, Pima, Maricopa Indian Community – 1.855.331.6432
Gila River, Ak-Chin Indian Communities – 1.800.259.3449
Fitness Friday

Do this 20 min yoga workout!

Yoga Workout

Perform this 20 minute yoga workout! Yoga is proved to not only benefit your physical health but also your mental health.

Some benefits of Yoga include:

- Decrease of Stress
- Relieves Anxiety
- May fight Depression
- Promote Sleep Quality
- Improve Quality of Life

https://youtu.be/v7AYKMP6rOE

GREAT JOB ON YOUR WELLNESS WEEK!