

# Passport to Wellness

## self-care ideas



Exercise

Meditate

Get a massage

Dance

Call a friend

Time with family

Walk a dog

Sleep- Get 8 hours

Draw

Eat healthy

See your doctor

Garden

Drink water

Practice mindfulness

Ask for help

Read a book

Learn something new

Walk in the park

Yoga

Play a sport

Unplug

Talk about your  
mental health

Bake

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# Passport to Wellness



## May is Mental Health Awareness Month

### To Participate:

- 1.) Turn in your completed Wellness Passport at Region Ten at 800 Preston Ave or 500 Old Lynchburg Road.
- 2.) Email a picture of your passport or list of your activities to [prevention@regionten.org](mailto:prevention@regionten.org)
- 3.) Document your Wellness activities on Facebook or Instagram with the hashtag #4mind4bodyville.

Each activity is one entry into the raffle: More wellness activities= more chances to participate!

All Entries Due by Wednesday, May 29, 2019.

Participate in any of the community events, trainings, or your own wellness activity in May and be entered to win prizes from our community partners!

- May 3rd: The Art of Resilience
- May 4th: Community Market: Table for Children's Mental Health Day
- May 5th: SEAS the Day: Veterans' Outdoor Day
- May 14th: Tobacco Town Hall
- May 15th: Parenting for Resilience
- May 16th: REVIVE: Opioid Overdose Reversal
- May 31st: Mental Health First Aid
- Not seeing your wellness event? Enter it here:

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Learn more about these events:

 [youchoosecville.com](http://youchoosecville.com) or  
[helphappenshere.org/mentalhealthawarenessmonth](http://helphappenshere.org/mentalhealthawarenessmonth)