Passport to Wellness

self-care ideas

- Check boxes next to self-care ideas:
  - Exercise
  - Dance
  - Walk a dog
  - Eat healthy
  - Drink water
  - Read a book
  - Yoga
  - Talk about your mental health
  - Meditate
  - Call a friend
  - Sleep - Get 8 hours
  - See your doctor
  - Practice mindfulness
  - Learn something new
  - Play a sport
  - Bake
  - Get a massage
  - Time with family
  - Draw
  - Garden
  - Ask for help
  - Walk in the park
  - Unplug
  - [ ] ________
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

3.) Document your Wellness activities on Facebook or Instagram with the hashtag #4mind4bodycville.

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:

________________________________________________

Learn more about these events: youchoossecville.com or help happens here.org/mental health awareness month