



MENTAL HEALTH AND WELL-BEING WEEKLY CALENDAR



Motivation Monday




Gratituesday



Wellness Wednesday



Thinking Thursday



Feel-good Friday

ACTIVITY

READ THE MONDAY MINUTE (OR LESS) FOR AN ACADEMIC SUCCESS STRATEGY

MINDFUL MOMENT
12:00PM - THE MEZZANINE

ACTIVITY

TAKE A MOMENT TO REFLECT (MAYBE EVEN WRITE DOWN) 3 THINGS YOU ARE GRATEFUL FOR

ACTIVITY

TAKE TIME FOR PHYSICAL ACTIVITY FOR 20 MINUTES OR MORE

ACTIVITY

TAKE 2 MINUTES FOR EACH CLASS YOU HAVE AND WRITE DOWN EVERYTHING YOU RECALL YOU HAVE LEARNED ABOUT IN THE LAST WEEK

MINDFUL MOMENT
5:00PM - ANGEL PATIO

ACTIVITY

SPEND TIME IN AN ACTIVITY THAT BRINGS YOU JOY and LAUGHTER

MINDFUL MOMENT
7:00AM - BREWER PLAZA

October