

GRC Cardinal Mental Brain Breaks

During this challenging time we all need to make sure we are allowing ourselves to focus on our mental health. Take 15-30 minutes each day and choose a category that fits you best. Your counselor would love for you to take a picture or video clip and share with us! Remember we are all in this together and we would love to see what you are doing.

	Day 1	Day 2	Day 3	Day 4	Day 5
What does TED say? Click on the link to check it out.	You don't find happiness, you create it.	A teen's guide to finding the strength to overcome challenges.	There's more to life than being happy.	Grit	The surprising habits of original thinkers
Pencil to the paper...	Youtube a tutorial video and learn how to write in Calligraphy.	Write a letter to yourself in 10 years and tell about this moment in history with the COVID-19 virus. How did it personally effect you, your family, our community, and our nation?	<p>»» 21 Bullet Journal Ideas «« To Improve Your Mental Health</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gratitude list <input type="checkbox"/> Things you love <input type="checkbox"/> Inspiring Podcast list <input type="checkbox"/> Mood tracker <input type="checkbox"/> Thought sorting exercise <input type="checkbox"/> Brain dump page <input type="checkbox"/> Goals List <input type="checkbox"/> Best Memories <input type="checkbox"/> Favourite Songs <input type="checkbox"/> To-Do List <input type="checkbox"/> Daily Schedule <input type="checkbox"/> Inspiring Quotes <input type="checkbox"/> Healthy meal ideas <input type="checkbox"/> Ted Talk list <input type="checkbox"/> Positive Mantras <input type="checkbox"/> Important Principles To Remember <input type="checkbox"/> Exercise Log <input type="checkbox"/> Social Media time tracker <input type="checkbox"/> Netflix time log <input type="checkbox"/> Positive affirmations <input type="checkbox"/> Self-talk log <p>Mindaya.com</p>	Plan a vacation for you and a friend. Be very detailed and make sure you research costs and activities you would like to do while on this dream vacation.	Give words of wisdom. Write a letter to a middle school student and tell them some of the most important things they need to know about high school and how to be a successful student at GRC.
Getting' crafty	<p>What are your goals in 2020? Make a vision board.</p> 	<p>Share some positivity. Paint positivity rocks and place them outside for others to see.</p> 	<p>Learn how to do four basic hand stitches.</p> 	<p>Look around your home and get creative. What piece of art can you create with random items you have access to. Make sure you share your masterpieces.</p>	<p>Positivity is contagious. Use sidewalk chalk and draw or write positive messages on the sidewalk or display in your windows to brighten someone's day.</p> 