

MENTAL HEALTH



AWARENESS Challenge

May is Mental Health Awareness Month and we would like to invite you to participate in our Mental Health Awareness Challenge. It is our hope that as you read through and participate in the activities that are provided each day you will not only learn something about yourself and/or your friend/family, but you will walk away with tools that will help you feel more comfortable in your own skin.

The challenge is 21 days long. Each business day, read the information provided. We generally start with a quote or a scripture followed by a question to consider, a recommendation to listen to a podcast, read a book or watch a TEDtalk. The next phase is to connect the day to a dimension of self-care followed by a physical activity related to your fitness color (if you aren't sure of your fitness color, see one of our Fitness staff who will gladly assist you. You can also take the 8 Colors of Fitness by clicking [here](#).)

Give yourself time every weekday to digest the information that is provided. On the weekends, share what you have learned with your friends and family and invite them to participate in one of your favorite activities.

On the last day in May, we will offer a virtual session for you to share your experience.

"You don't have to
struggle in silence."

You can be **un-silent**. You can live well with a mental health condition, as long as you open up to somebody about it."

Demi Lovato

