

Wellness Challenge 2021

Mental Wellness Resources

Please watch the videos and read the articles below to receive your weekly bonus points for the educational challenge.

Week 1: Mindfulness

- 1.) [Headspace Animation \(Video 1:37 min\)](#)
- 2.) [Mindfulness: in Medicine, Health Care and Society \(Video 9:38\)](#)
- 3.) [Benefits of Mindfulness \(Article\)](#)
- 4.) [Why Men Should Practice Mindfulness \(Article\)](#)

Week 2: Relaxation

- 1.) [Benefits of Mindful Breathing \(Article\)](#)
- 2.) [10 Different Types of Breathing to Relieve Stress \(Article\)](#)
- 3.) [12 Science Based Benefits of Meditation \(Article\)](#)
- 4.) [7 Meditation Tips for Beginners \(Video 8:02\)](#)
- 5.) [20 Simple Tips to Help You Fall Asleep \(Article\)](#)

Week 3: Acceptance

- 1.) [Mental Health during the Pandemic \(Video 6:48\)](#)
- 2.) [FACE COVID \(Article\)](#)
- 3.) [FACE COVID \(Video 5:23\)](#)
- 4.) List of 7 Helpful Things to Do During the Pandemic (In weekly email)

Week 4: Gratitude

- 1.) [Denzel Washington Saying Thank You \(Video 5:10\)](#)
- 2.) [Benefits of Gratitude \(Article\)](#)
- 3.) [20 Random Acts of Kindness \(Video 3:05\)](#)
- 4.) [Kindness Health Facts \(Poster\)](#)

Additional Resources for Parents: All of these resources can be found on our city website at [Wellness Challenge 2021](#):

- Calm Breathing for Kids
- Calm Down Kit for Kids
- Covid Parenting Tip 1 – One on One Time
- Covid Parenting Tip 2 – Keep it Positive
- Covid Parenting Tip 3 – Structure
- Covid Parenting Tip 4 – Bad Behaviour
- Covid Parenting Tip 5 – Keep Calm
- Covid Parenting Tip 6 – Talking About It
- Covid19 Advice for Parents and Caregivers