



Mind ALL Minds Weekly Challenges

Join DLC in our Mind ALL Minds weekly challenges. It is important for us to come together and support one another. Each week includes different tips/activities for ways that you can help support the mental wellness of yourself and others.

MIND YOURSELF

Week 1 start: May 2nd

Indulge in self-care!

- Take a relaxing bath
- Get a haircut
- Take time for something you enjoy
- Start a gratitude journal
- Meditate
- Try a new hobby
- Go for a walk
- Give yourself compliments

MIND YOUR COMMUNITY

Week 2 start: May 9th

- Attend event on May 14th
- Learn community resources
- Download Collier Cares App
- Visit Collier Coalition for Healthy Minds website
- Like and share social media posts
- Donate to and/or volunteer with at local non-profit
- Register for an upcoming MHFA training

MIND A LOVED ONE

Week 3 start: May 16th

- Cook a special meal
- Offer to help with a task
- Encourage them to discuss their feelings and be a listening ear
- Take them to something they enjoy
- Surprise them with a gift
- Do a difficult chore
- Express your love and appreciation

MIND THOSE YOU DONT KNOW

Week 4 start: May 23rd

- Donate anonymously to a person in need
- Give a compliment to others in public
- Lend a helping hand
- Allow someone to merge in traffic
- Pay for someone's coffee at the drive-thru
- Acknowledge others with a smile, wave, nod or "hello"
- Focus on being kind