








<b>Mindfulness Monday</b> Hope in Christ	<b>Thankful Tuesday</b> Hope Within Us	<b>Wellness Wednesday</b> Hope Among Us	<b>Talk Positive Thursday</b> Hope for the World	<b>Friends with Stress Friday</b> The Future Full of Hope
<p><b>Practice Christian Meditation</b> This has been proven to reduce stress and improve well-being.</p>	<p><b>Recognize all that you have to be thankful for</b> When we are stressed it is easy to forget everything we have to be thankful for. Take some time today to express gratitude.</p>	<p><b>Be well</b> Our overall wellness is dependent upon many factors including eating healthy, getting enough sleep, taking breaks and setting aside time for relaxation and self-care.</p>	<p><b>Talk positive</b> Talking positively can improve your quality of life and overall well-being while creating a space where you feel valued and not deterred. Positive talk also improves relationships.</p>	<p><b>Make stress your friend</b> Not all stress is bad. We need stress to preserve the balance of the cells in our body. Good stress is the type of stress we feel when we feel excited. There are many triggers for this good stress and it keeps us feeling alive and excited about life</p>
<p><b>Faith in Action - Involve a family member in your Faith this week</b></p>				
<p>Click <a href="#">here</a> to try out a meditation!</p> 	<p>Share what you are thankful for on a window poster and post it for the week.</p>  	<p>Paint a Rock</p>  <p>Leave them out in your neighbourhood for others to find.</p>	<p>Chalk the sidewalk</p>  <p>Connect with a friend: Call someone who you haven't spoken to in a while or who might need a check-in.</p>	<p>Make a list of the stresses in your life. Label the good and bad ones. Make a plan to get rid of that stress.</p> <ul style="list-style-type: none"> <li>● Complete an overdue assignment</li> <li>● Get up and go for a walk</li> <li>● Call that person you haven't talked to in a while.</li> </ul> 