

MAY IS MENTAL HEALTH MONTH 2020

Stay Connected:

 TWITTER @MDCPSWELLWAY

 INSTAGRAM @MDCPS_WELLWAY



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Write down the GOALS you want to accomplish this month 1

STRETCH
Stretching is a great activity to add to any workout.
Check out Instagram @joetherapy for some quick tips. 2

PLAN teacher appreciation Breathe Week

Taking control of stress is easier when you have a PLAN
Visit Cigna Stress Quiz:
<https://www.cigna.com/takecontrol/tc/stress/>

Check-in Reach out today to a co-worker, a friend and/or a loved one.

Check out app InsightTimer Library of 40,000+ FREE guided meditations

<https://cignahappily.com/>
Check out this app for emotional health to help reduce stress & anxiety!

Friday Funday

Share a post of yourself on how you are staying active, tackling stress or focusing on what motivates you.
TAG #MDCPSHealthyEmployees



HAPPY Mother's DAY
There's NO right way to get through these weird times. DO what works for you.

COVID-19 AND YOUR MENTAL HEALTH
Check our wellness Instagram & Twitter pages for more details.

Try Yoga Today
Check the link below for beginners yoga
www.youtube.com/watch?v=v7AYKMP6rOE

EAT AT LEAST 5 SERVINGS OF FRUITS AND VEGGIES TODAY!

MAINTAIN DON'T GAIN CHALLENGE ENDS

STEP AWAY FROM YOU ELECTRONIC DEVICE
Take a break and go for a walk

iPrevail
Go to myCigna.com and engage with peer coaches to help overcome anxiety, depression, and more.

QUICK MORNING WORKOUT
10 Jumping Jacks
20 second Wall Sit
60 second Plank
Eat a Healthy Breakfast!

Gratitude
Thank three people and tell them why

Stay Hydrated
DRINK MORE WATER

8 TIPS for forming MEANINGFUL Connections
Check our wellness Instagram & Twitter page for more details.

LOVE YOUR BODY
Take a moment for yourself: read a book, go for a walk, listen to music.

MEMORIAL DAY
Take a minute to honor those that have given their life in military service.



Zoom into Zumba
Check our wellness Instagram & Twitter page for more details.

GET MOTIVATED
Happy Wednesday! Stay Motivated with your goals... While you're at it see if you can motivate someone else today too!

Breathing
1) Exhale deeply through mouth for 8 seconds.
2) Inhale through nose for 4 seconds.
3) Hold breath for 7 seconds.
4) Repeat

Don't let FOOD be the BOSS of you.

FOOD PREP
Use some of your freetime this weekend to prep food for the upcoming week. Slice veggies, boil eggs, make granola bars.

CONGRATS!
You made it through May! Make sure to check in with your goals and see how you did!

Questions/Hotlines:

Cigna Representative: 1-800-806-3052, 24 hours/7 days a week
Cigna Total Behavioral Health Program: 1-800-274-7603, 24 hours/7 days a week
FBMC Representative: 1-855-632-7748, Monday-Friday, 7am - 7pm
District Mental Health Services: 305-995-7100
District Employee Assistance Program: 305-995-7111
Well Way: 305-995-2265