

# CANADA'S NATIONAL CHILD & YOUTH MENTAL HEALTH DAY - MAY 7TH, 2020

*I take care of my mental health by.....*

**#bandtogetherforchildrensmentalhealth**



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I take care of my mental health by...

 <p>Asking for Help</p>	 <p>Spending Time with Family</p>	 <p>Spending Time with Friends</p>	 <p>Creating Masterpieces</p>
 <p>Helping Others</p>	 <p>Playing</p>	 <p>Learning Something New</p>	 <p>Sleeping</p>
 <p>Relaxing</p>	 <p>Spending Time in Nature</p>	 <p>Keeping a Journal</p>	 <p>Eating Healthy Food</p>
 <p>Talking About my Feelings</p>	 <p>Enjoying Music</p>	 <p>Thinking Healthy Thoughts</p>	 <p>Exercising</p>

[#bandtogetherforchildrensmentalhealth](https://www.instagram.com/bandtogetherforchildrensmentalhealth)

