

# Mental Health Week at CNA

## May 6-12, 2024

cna

### Monday

Mental Health Week 2024  
“A Call to be Kind”

Check out [CMHA’s Mental Health Week](#) resources and find connections in your area and beyond

Take 5 minutes to sit in silence and just breathe as you begin your day

Reach out to a friend or family member you haven’t spoken with in a while  
[#CompassionConnects](#)

### Tuesday

Spend 30 minutes in nature

Eat lunch away from your workspace

CMHA Webinar  
12:30pm NST/12pm Lab  
“Creating Compassionate Workplaces” - Webinar  
Register for free [here](#)

Make a list of things you and your family are grateful for  
[#CompassionConnects](#)

Try to get 8 hours of sleep

### Wednesday

Do something kind for yourself: take a walk, watch a movie, journal, whatever makes you happy

“5 Ways to Practice Self Care and Show Compassion to Yourself” -  
1:30pm NST/1pm Lab  
Register for free [here](#)

CMHA-NL Webinar  
7pm NST/6:30pm Lab  
“Breaking Barriers: Reducing Stigma and Embracing Compassion in Mental Health” with Julie Dwyer, founder of Centre for Mindfulness NL  
Register for free [here](#)

### Thursday

CNA welcomes mental health advocate Kristi Allan to discuss “The How of Helping” - How do we access mental health supports in NL, how do we support those in need, and how can we show compassion to ourselves and others in the process?  
12:30pm NST/12pm Lab  
Connect [here](#)

Disconnect from devices for 30 minutes and relax

Ask a loved one if there is anything you can do to help them  
[#CompassionConnects](#)

### Friday

Try a new activity or interest

CMHA Webinar  
1:30pm NST/1pm Lab  
“Understanding Mental Health”  
Register for free [here](#)

Donate food or clothing to someone in need  
[#CompassionConnects](#)

Write down three things that went well this week

How can we promote a kinder community at CNA? Let us know [here](#) and be entered to win a prize

### Saturday

Complete one task that you’ve been putting off from your “to do” list

Give someone a compliment  
[#CompassionConnects](#)

Write a list of things that you love about yourself

[Meditate](#) for five minutes

Dance or sing along to a song you love

Have a family or friend game night  
[#CompassionConnects](#)

### Sunday

Share the highlights of your week using  
[#CompassionConnects](#)  
[#MentalHealthWeek](#)

Show yourself compassion and know it’s ok if you didn’t complete any of these suggestions

Treat yourself in whatever way you like

Take 5 minutes to sit in silence and just breathe as you prepare for another week ahead