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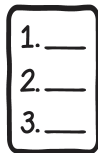
We've all set goals about physical health or fitness at some point in the past. As summer approaches, we are also encouraging you to set a goal to practice mental wellness!

We're excited to help you and your family practice wellness with our **Mental Fitness Challenge**. We know that mental health is just as important as physical health and that these often affect each other. Remember, keeping our brain in shape is just as important as physical fitness. Over the next month, try to incorporate mental wellness habits into your weekly routine. Here are some ways you can keep your brain in shape as a family:



Get enough sleep. This means everyone in the house, not just the kids.

Sleep affects our physical health and our mental health. It affects our ability to function and lack of sleep can make us feel stressed and anxious. Sleep also helps improve our mood. We are so much more productive when our body and mind are rested.



Find something you are thankful for every day. Take time to recognize one thing you and your family are grateful for every day, even if it's something small. You can do this in the morning over breakfast, over the dinner table, or even by writing a note/email/text to someone you are grateful for. Showing gratitude improves our overall mood, and it's an awesome thing to teach our kids, too!



Practice mindfulness. Mindfulness is focusing on one thing in the moment and pressing pause on your thoughts and things you need to do. For example, go for a short walk around the neighborhood, but while you're walking, really pay attention. Look at the colors of the leaves, the blue sky, listen to the sounds around you, and take a big breath in to smell the air. Just allow yourself to be present in the moment and take a mental break. This is another great tool to teach our children.

Are you interested in other ideas to stay mentally fit? We have **22** fun and creative suggestions for you and your family to try.

22 ways to practice mental wellness

You can **print the challenge** to post on your refrigerator or bulletin board so you can follow along all month with us. Also, be sure to share the challenges you completed and how you are staying mentally fit by using #OnOurSleeves and #OnOurSleevesJax on social

media!

To learn more about the **Mental Fitness Challenge**, access other evidence-informed educational resources, and revisit the mission of *On Our Sleeves*[®], visit wolfsonchildrens.com/onoursleeves.

Want to share your *On Our Sleeves* story? Just hit the reply button and tell us why you joined our community and how you're using *On Our Sleeves*.

Sincerely,
Wolfson Children's Hospital



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