

# Reminder: Mental Health Day Activities

Dear Students,

We hope this message finds you well. This is a friendly reminder about the upcoming Mental Health Day activities scheduled for **[Date]**. This day is dedicated to raising awareness about mental health and encouraging self-care.

Here are the activities planned for the day:

- Workshops on Stress Management
- Yoga and Mindfulness Sessions
- Art Therapy Classes
- Guided Group Discussions

Please remember to bring a water bottle and wear comfortable clothing. We encourage everyone to participate and take this opportunity to prioritize your mental well-being.

Best regards,

**[Your Name]**  
**[Your Position]**  
**[School Name]**