

Mental Health Day Activities Outline

Date: [Insert Date]

Location: [Insert Location]

Introduction

The purpose of this document is to outline the planned activities for Mental Health Day.

Activities Schedule

- **Morning Session: Mindfulness Meditation**

Time: 9:00 AM - 10:00 AM

Description: A guided meditation session to help participants focus and relax.

- **Workshop: Coping Strategies**

Time: 10:30 AM - 12:00 PM

Description: An interactive workshop that teaches effective coping strategies for stress and anxiety.

- **Lunch Break**

Time: 12:00 PM - 1:00 PM

Description: Healthy lunch options will be provided.

- **Afternoon Session: Active Well-being**

Time: 1:30 PM - 3:00 PM

Description: Group activities such as yoga or a nature walk to promote physical wellness.

- **Closing Circle**

Time: 3:30 PM - 4:00 PM

Description: A time for participants to share their experiences and reflect on the day.

Conclusion

We look forward to a day of learning, sharing, and promoting mental health awareness.