

# World Mental Health Day

## Self-Care Scavenger Hunt



1 Attend a Renfrew World Mental Health Day event

2 Journal

3 Spend quality time with friends or family

4 Joyful movement

5 Meditation

6 Stay hydrated

7 Try a new recipe

8 Practice your favorite hobby or try something new

9 Find a coloring page or engage in your favorite type of art

10 Find a photo of a happy memory

11 Tell someone you are grateful for them

12 *Bonus Points:* Attend more than one Renfrew World Mental Health Day event

We encourage you to tag us on social media with the hashtag **#WorldMentalHealthDayWithRenfrew** as you check off these items. One lucky winner will win a \$25 Amazon Gift Card!



**#WorldMentalHealthDayWithRenfrew**

**#RenfrewRecharge**