

Mental Health Matters



**Mental Health is Just as
Important as Physical Health**



**NEWTON-WELLESLEY
HOSPITAL**

PARTNERS
HEALTHCARE

FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Introduction

Newton-Wellesley Hospital is making an effort to provide mental health education in light of the challenges we are collectively, and individually facing. You are receiving this packet as a way for us to acknowledge, and address the very real mental health challenges that can occur because of lack of activity, loss of roles, reduced human interaction, limited structure, and lack of visitors. Whether you have underlying mental health concerns or not, this time in our world, and specifically being in the hospital at this time can be anxiety provoking, depression triggering or generally distressing. It is our hope that you find some, or all of this information helpful.

In this packet you will find education on various topics, including worry and anxiety management strategies, relaxation techniques, resources for exploration of interests, ideas for how to optimize technology to stay connected to family and friends, and various paper and pencil pastimes that can serve as occupation or distraction. It is our goal that we introduce you to many ways to address the very real feelings and thoughts that may arise in this period, and provide the foundation to increased wellness in this uncertain time.

**Brought to you by the
Newton-Wellesley Hospital
Psychiatry Occupational
Therapy Department**



Table of Contents

Wellness Education	4
Gratitude Education, and Journaling Prompts	8
Worry and Anxiety Management Strategies.	10
Mindfulness/Relaxation Education and Resources	13
Mental Health Apps	18
Simple Stretches	19
Staying Connected to Family and Friends.	21
Helpful/Interesting/Funny TedTalks	22
Resources for Education/Leisure	23
Word Searches/Crosswords.	26
Brain Teasers	33
Sudoku.	39
Journaling/Creative Writing Prompts	42
Zentangles (drawing pastime)	43
Blank lined paper, Blank white paper	45
Puzzle Solutions	50



Tips for Mental Health Wellness

With a focus on what can help while you are in the hospital

1. **Stay Connected:** isolation secondary to being in the hospital not feeling well and without visitors can feel very scary and overwhelming, it is important to acknowledge how you are feeling and try to find ways to stay connected. Can you establish a plan with friends or family for time to touch base: texting, phone calls, and perhaps the most powerful video chat can provide opportunities to catch up, gain support, laugh, and share.
2. **Be Selective about Social Media:** Social media can provide wonderful opportunities to stay connected with friends and family who you are physically distant from, and can also provide opportunities to explore interests or join groups with others who share your similar interests. However, social media can also lead to feelings of being left out, feeling overwhelmed because of the amount of, or types of information shared, and feelings of inadequacy because of comparisons made. Be aware of how you are feeling when on your social media and take steps to keep your interactions positive: limit time, block or mute friends or keywords; remember that you have a choice about what you share and how you engage with social media.
3. **Start a Relaxation Practice:** Relaxation practices offer opportunities for your body and mind to rest and rejuvenate. There are many different ways to relax, try out some or all and find ones that help you feel soothed and rested. This packet will introduce you to many different strategies for relaxation, including deep breathing, guided meditation, relaxation aided by apps or youtube videos, and many more.
4. **Try to Stay as Physically Active as Possible:** This may be a very challenging one to think about, and accomplish while in the hospital not feeling well, however there may be some simple and not very demanding ways to keep yourself as active as you can be. We have included information on some simple seated, and standing stretches you can do to keep yourself moving, please be sure to monitor your effort and don't do more than you should (ask your nurse if you are not sure).

5. **Practice Mindfulness:** Mindfulness (the practice of focusing attention to the present in a non-judgmental way) can be used in many different ways to aid in anxiety management, provide relaxation, and promote mental wellness through an increased ability to exert control over what and how we attend to our thoughts, feelings and surroundings. Mindfulness is more fully explained in this packet, and many ways of trying mindfulness, or enriching an existing practice are outlined.

6. **Find ways to “Feed Your Senses”:** Being inpatient in the hospital can feel very disorienting; with the additional visitor restrictions, and contact precautions it can be expected that you may be feeling very disconnected. Finding opportunities to engage in, or focus on experiences that contain pleasing sensory information can be helpful in managing this “disconnected” feeling: some ideas...

- **Music:** upbeat music can help you feel more energized while calm soothing music can help alleviate stress and provide relaxation
- **Images:** search for images of pleasing landscapes, art, or photography that appeals to you
- **Videos:** many relaxation videos have pleasing visuals to accompany them
- **Food:** pick foods that are fragrant, spicy, or new to energize you, or pick familiar/ comfort foods to help you relax
- **Smell:** this is a hard one in the hospital but sometimes even the soap we use, or a scented lotion can provide some pleasure
- **Move:** even in very limited ways movement can help you to feel better, or if anxious rocking your body back and forth can be soothing

- **Touch:** finding a fabric that feels good, or a small object to fidget with can help you self soothe, wrapping a blanket around your shoulders can feel something like a hug and can provide soothing pressure

7. **Practice Deep Breathing:** The power of deep breathing can not be overstated. Often people may feel that deep breathing isn't helpful for them but most frequently this is because they have not found a strategy that feels comfortable for them, or they have only tried to practice it when they really needed it so it increased their stress. Explore the detailed resources provided in this packet on deep breathing to learn more about its benefits, ways to practice it, strategies to build deep breathing into your day, and methods to remind yourself to use it when anxiety starts.



- 8. Acknowledge and Talk about How you are Feeling:** This is a very unsettling time in the world, in our country, and in your own life. Feelings of worry, stress overload, anxiety, sadness, disappointment, and fear (to name just a few) are all very valid and real emotions you (or your loved ones) may be feeling. It is important to be honest and kind to yourself about what you are feeling, and then find ways to manage, and maybe share these feelings. There is a lot of great information included in this packet to help you learn ways to identify and address feelings so that you can feel more in charge of your emotions or anxieties.
- 9. Focus on the Things you can Control:** There is so much that we can't control about the current situation, these variables are often what leads to increased anxiety. When you feel your worries, or anxieties start to spiral focus on the things you do have control of; this can feel even harder when you are in the hospital, but try

making a list: what meals I choose, what I choose to read, what I choose to watch, what ways I try to stay connected, etc...

- 10. Practice Gratitude:** In distressing times gratitude practices can help you feel reconnected to pleasure, joy, appreciation of accomplishments, and things in your life that provide richness, love, and a sense of purpose and connectedness to who you are outside of not feeling well. Explore the detailed resources in this packet to learn about gratitude, or enrich an existing gratitude practice you already have.
- 11. Do Something Creative, Interesting, Challenging, or Fun:** Though it may feel like the last thing on your mind, doing something that taps into your creativity, makes your brain feel 'stretched, or provides some distraction is hugely important, and can be very stress relieving. Explore some of the options presented in this packet or decide on something new to learn about. If you have access to a smartphone or tablet there are many resources (many listed in this packet) that can provide opportunities to learn something new or explore a passion.
- 12. Practice good Self-Care:** Practicing good self-care means making healthy choices for nutrition, keeping up with good sleep hygiene practices (going to bed and waking up at the same time), and making time to do things that help you feel good (may be limited in the hospital), but could include putting on your makeup, doing your hair, painting nails, shaving your face.
- 13. Limit Time spent Watching News or Reading about Coronavirus:**
- Find a few sources you trust and stick with them.
 - Limit the frequency of your updates.



- **Know when to not check:** maybe leave your phone plugged in and not to be used for specific times, or chunks of time so you are not constantly keeping yourself in a worried state.
- **Practice social media self-discipline:** similar to previous suggestion, maybe you have a friend or family member who posts about Coronavirus all the time, could you silence them or unfollow them?
- **Notice and Limit Worry Triggers:** be aware of sites, pages, groups, or people that are triggering worries and limit

exposure to these: try setting a 30 minute limit on news programs and establish a specific time each day to watch news, or check information that can trigger worries.

14. Establish a Routine: Establishing a structure, or pattern for your days can help to reduce anxiety and provide a plan for your day. This may feel even more challenging in the hospital but trying to set aside specific times for activity, rest, or communication with loved ones can bring some more “normalcy” to a very uncertain time. The following is an example, with space to write in your own...

Wake-Up	Read daily news, check your email, ADL's (teeth brushing)
Breakfast	Maybe a virtual breakfast with family/friend
Mid-Morning	Listen to music, pastimes, Facebook, relaxation practice
Lunch	Either disconnect and focus on lunch, or maybe virtual lunch
Mid-Day	Explore educational resources, reach out to family, do some stretching
Dinner	Disconnect or enjoy a virtual meal with family or friends
Evening	Watch a favorite show, listen to Podcast, watch a virtual tour, relaxation practice



Why Gratitude?

And then, How

Gratitude may seem like a simple idea, and in many ways it is. Gratitude is defined as identifying and practicing focus and attention on either small, or big things that we can appreciate. We may all be familiar with thinking about gratitude specifically around Thanksgiving, however there is a growing body of evidence that practicing gratitude frequently, and intentionally building specific gratitude practices can have psychologically protective benefits which include increased self-regulation, relief from stressors, increased supportive connections with others, and a shift towards positive thinking (just a few).

How Can I Practice Gratitude?

With a focus on strategies that can be used in the hospital

1. **Start a Gratitude Journal:** Pick a time each day to sit and write 3 or 5 things that you are grateful for each day. These can range widely, big or small, complex or simple: family, having a support system, having a good cup of coffee in the morning, being able to video chat with a friend, listening to a song you love. etc...
2. **Establish a Gratitude Text Chain:** Share your gratitude practice with a friend or loved one; make a plan to text each other daily with 1 thing you are grateful for (maybe the sun came out, maybe you found a funny meme).
3. **Call Someone and Share:** Call, text, or video chat with someone and tell them how grateful you are for them, they will likely respond with how they are grateful for you.
4. **Write a Thank You Note:** Write to someone (could be sent at a later time) to tell them how you are thankful for them.
5. **Incorporate Gratitude into a Mindfulness Practice:** Commit time to mindfulness

relaxation, or meditation focused on things you are grateful for.

6. **Journal with Gratitude Prompts:** Below are some examples of gratitude prompts that

may help you if you get stuck with ideas of things you can be grateful for, and are a great way to reconnect with things in your past that you can be grateful for.

Gratitude Prompts

- What is a simple pleasure you are grateful for?
- Write about a teacher or mentor who influenced you.
- What skills/traits do you have you are grateful for?
- What books/movies/plays are you grateful for?
- What is a tradition you are grateful for?
- What about your upbringing are you most grateful for?
- Write about a happy memory.
- What is a song you are grateful for?
- What is an accomplishment you are proud of?
- What are some hobbies you are grateful for?
- Who or what made you smile in the last day?
- Write about a time you laughed out loud.
- What is your favorite smell?
- Write about your favorite dish to eat or prepare.
- What restaurants are you grateful for?

How Can Gratitude Benefit Mental Health

1. **Improves Mental Health:** There is growing research to show that gratitude practices can help to reduce the prevalence and impact of negative emotions. Negative emotions can be replaced by positive feelings when we shift our focus to positive thoughts, feelings, and experiences.
2. **Increases Happiness:** Studies have shown that daily gratitude journaling can have a huge impact on increasing positive outlook for the day, increasing the amount of happiness felt, and increasing self-esteem.
3. **Can Help you Sleep Better:** Research has shown that gratitude activates centers in our brain that help to regulate our nervous system. When we refocus on positives we may find that we toss and turn less when trying to sleep.
4. **Improves Relationships:** Journaling about your gratitude for others, and having practices where you share gratitude with others can lead to improved relationships.
5. **Increased Resilience (ability to cope):** When you are grateful for, and able to focus on the good things it can make it easier to cope with the bad things, gratitude can provide helpful perspective.



Worry and Anxiety Management

When you can't control what is happening, challenge yourself to control the way you respond to what's happening...that's where the power is.

1. Learn about When Worry Becomes Anxiety:

One of the most helpful coping skills to help with anxiety management is learning about anxiety.

- We feel anxious when our bodies are shifted into "fight, flight, or freeze" mode, this has been a necessary response to stress for humans to survive, and can be helpful (reacting to avoid being hit by a ball).
- Increased anxiety in a time of uncertainty is very relatable and expected.
- Feelings of being overwhelmed by anxiety let us know that we need to do something to help our body "relax".
- Consistent, increased levels of anxiety or really rapid increases can make it harder for us to function and can negatively impact health outcomes.

- Learn the changes in how you feel when anxiety is becoming overwhelming: some examples...muscle tension, pain, difficulty focusing, difficulty sleeping, restlessness, irritability, changed eating habits, racing thoughts, rumination (persistent negative thoughts), or depression, etc...
- Learning the first signs of increasing anxiety (rapid heart rate, shallow breathing, "pit" in your stomach) can allow you to quickly use a coping skill to change how you feel.

- ## 2. Establish a "Worry Time":
- In uncertain times we may have real and meaningful worries that we have to address, however when worries become all consuming they reduce our feelings of wellness, our ability to problem solve, and can lead to increased anxiety. Set aside a specific time of day, and set a time limit to worry.

3. **Postpone Worries until “Worry Time”:**
After you set your “worry time” you can then ask the question, “is this a worry I can solve now?” if not then postpone the worry until the set time.
4. **Use Distraction Techniques:** Try solving a challenging brain teaser, do a word search, try your hand at coloring, do a word search or crossword, learn what a Zentangle is and do one, read, reach out to a friend or family member.
5. **Use Deep Breathing, and Relaxation Strategies:** Practice relaxation throughout the day, and just prior to bed. Explore the resource pages in this packet to learn about many different techniques, including: guided imagery, progressive muscle relaxation, and many more.
6. **Coping with Overwhelming Thoughts with Dialectical Behavioral Therapy (DBT):**
 - **Stop and Take a Deep Breath:** deep breathing sends calming messages to our body and a pause allows time to choose your reaction
 - **Observe your Thoughts and Check Facts:** What am I thinking? What am I feeling? What am I reacting to? Sometimes when we feel overwhelmed we can start to think our feelings are facts. Is there another way to look at it?
 - **Distract:** If you can’t move to problem solving find a distracting activity and focus on it for 20 minutes.
 - **Improve the Moment:** Can you engage in relaxation, can you do something to change your feeling? Watch a movie?, look up funny memes?
 - **Engage in a Soothing Activity:** Take a shower, rock yourself, try grounding using the 5 senses...what do I see, hear, feel, smell, taste?
7. **Focus on Problem-Solving:** Try focusing on problem solving using established steps to address worries, this can increase feelings of competence.
 - a. Define problem
 - b. Brainstorm
 - c. Decide solution
 - d. Implement solution
8. **Use Cognitive Behavioral Therapy (CBT):**
When you find yourself stuck on a worry, thought, or you notice that you are beginning to focus on negatives use techniques from CBT to help counter that thought.
 - **Thought Stopping and Replacement:**
Determine a thought to be unhelpful or leading to increased anxiety, visualize a STOP sign and replace with a helpful thought...“I’m never going to feel better”...STOP...“I can focus on a coping skill or distraction to help myself feel better.”



- **Practice Self-Compassion:** This is an unprecedented time when there are many real world reasons to worry, many of the factors that contribute to worry (novelty, uncertainty, changing) are

realities in the present situation. Using a CBT strategy of writing distressing thoughts and finding a different way to respond may be helpful.

Situation	Emotions/ Body Sensations	Automatic Thought	Compassionate Response
Scrolling through FaceBook for an hour	Feelings of increased anxiety, pit in your stomach	This is so terrible, what's going to happen?	It is reasonable to be worried and scared. How can you take care of yourself/feel better right now? Music? A comedy?



Mindfulness

Mindfulness is the practice of paying attention to what is happening to you moment to moment without judgment. To be mindful, you must slow down, do one activity at a time, and bring your full awareness to the activity at hand and to your inner experience of it. Mindfulness can provide relief from daily stress, time pressures, distractions, agitation, and interpersonal conflict.

You are Being Mindful When

- You eat a dessert and notice every flavor you are tasting, instead of eating the dessert while having a conversation and looking around the room to see what is happening. If you're being mindful, you're not thinking about "is it good or bad to have dessert?" You're just really having dessert.
- You walk through a park and are aware of the feelings in the park, or your thoughts about the park, or how the park looks, or your sensation of each foot striking the pavement. This is different than walking in the park while distracted by thoughts of what you'll have for lunch or worries that you don't have enough money to pay the bills.
- You fully immerse yourself in the feeling of the water, the smells of your body wash, the feel of the lather while you shower. When you are able to fully focus and engage in even everyday tasks you are being mindful.

Mindfulness Using the Visual Sense

Find a picture that you enjoy, a landscape, a beach, a piece of art that resonates with you. While breathing in through your nose and out through your mouth focus on the picture. Pay attention to the colors, scenery, and textures in the pictures. Allow yourself to fully relax and take in the images.

- Describe what you see: (colors, textures, shapes, etc.)
- Once you have completed this exercise, notice how you feel. Are you more relaxed?
- Are you better able to concentrate?
- Describe how you felt during the practice, and how you feel now after the exercise.

Using Mindfulness When You are Anxious

A direct and effective way to use mindfulness to manage increased anxiety is a strategy where you use all 5 senses to “ground” you in the moment.

Notice 5 things you can see, 4 things you can feel, 3 things you hear, 2 things you can smell, and 1 thing you can taste.

Deep Breathing

What are the benefits?

Deep breathing has long been known to help alleviate symptoms of stress, anxiety, and contributes to overall physical wellness through many different avenues. Deep breathing helps to produce the relaxation response, which is a part of your body’s natural built in way to de-stress and slow down to allow for healing. The goal for deep breathing is to increase our ability to produce and spend time in recovery/healing mode.

Deep Breathing and COVID-19

“Deep breathing and exhalation bring fresh air in and can improve lung capacity. We typically breathe in and out only a fraction of our lung’s capacity. Expelling viral particles from the more stagnant areas of the lung may further decrease self-exposure to viral particles. Deep breathing is often recommended for health and well being and can be done multiple times a day on a regular schedule.”

— Blake Elias, Chen Shen and Yaneer Bar-Yam
Respiratory Health for Better COVID-19 Outcomes
New England Complex Systems Institute
(March 16, 2020).

Adding Deep Breathing to Your Day

1. Begin with just 5 minutes a day, and increase your time as the exercises become easier and more comfortable. If 5 minutes is too long, start with 2 minutes.
2. Practice multiple times a day, build deep breathing into routines or set times.
3. As deep breathing becomes easier it can be more readily used when needed.

Deep Breathing Exercises:

1. Belly Breathing: Belly breathing is easy to do and very relaxing.

- Sit or lie flat in a comfortable position.
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
- Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
- Do this breathing 3 to 10 times.
- Take your time with each breath.

2. Mindful Breathing: Belly breathing with the added benefit of mindfulness.

- Sit comfortably, with your eyes closed.
- Bring your attention to your breath
- Imagine a balloon in your belly inflating as you breathe in through your nose, and deflating as you breathe out through your lips. Notice the sensations in your abdomen as this balloon inflates and deflates; your belly rising with each in-breath and falling with each out-breath.
- Thoughts will come into your mind, the goal of mindfulness is to notice these thoughts without judgement, simply notice and return your attention to your breath.
- You will notice different sounds, you will be distracted, just notice these and return your attention to your breath.
- You don't have to follow any thoughts that come, don't judge any thoughts or feelings that pass through your mind,

just notice them, let them drift by, bring your attention back to your breath.

- Whenever you notice that your attention has drifted off and getting tangled in thoughts or feeling just return your attention to your breath, gently notice thoughts that drift by, returning your attention to your breath, your breath is your constant.
- There is no judgement if you find yourself following a thought just keep bringing your attention back to your breathing.

3. Guided Deep Breathing: There are many different ways to use scripts, images, visualization, and guided exercises that may help you find a strategy that feels natural and easy to recall and use when you need it, or when practicing relaxation.

- How to do Deep Breathing: Therapist Aid
<https://youtu.be/EYQsRBNYdPk>
- Triangle Breathing
<https://youtu.be/u9Q8D6n-3qw>
- Breathe Bubble
https://youtu.be/9tOJZQhO_Uw?list=TLPQMzEwMzlwMjAcwFr-BQIdYQ
- 3 Deep Breathing Exercises to Reduce Stress and Anxiety
https://youtu.be/sJ04nsiz_M0?list=TLPQMzEwMzlwMjAcwFr-BQIdYQ
- 15 Minute Deep Breathing Exercise
<https://youtu.be/F28MGLlpP90?list=TLPQMzEwMzlwMjAcwFr-BQIdYQ>

Relaxation

What are the benefits?

The primary goal of any relaxation technique and practice is to produce the relaxation response, this is a state of rest and rejuvenation that allows for healing. The relaxation response brings your system back into balance; deepening your breathing, reducing stress hormones, slowing your heart rate and blood pressure, and relaxing your muscles. Research shows that the relaxation response also increases energy and focus, combats illness, relieves aches and pains, heightens problem-solving abilities, and boosts motivation and productivity. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity. What's more, they also serve a protective quality by teaching you how to stay calm and collected in the face of challenges.

How Do I Start?

- Set aside time daily to practice, incorporate relaxation into your daily routine.
- Most experts recommend 10 to 20 minutes daily, 30 minutes is a great goal.
- Choose a technique that appeals to you, the following list is just a sample of methods for relaxation. Find one that works and practice that!

Relaxation Strategies

1. **Deep Breathing:** With its focus on full, cleansing breaths, deep breathing is a simple and powerful relaxation technique. It can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Explore the information and many strategies outlined in this packet.
2. **Guided Imagery:** Guided imagery involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety. Choose whatever setting is most calming to you: a tropical beach, a favorite spot, or a quiet wooded glen. You can do this visualization exercise on your own, or use an audio or video aide.
 - 15 minute guided imagery:
<https://youtu.be/35ch88kmlls>
3. **Yoga:** Yoga involves a series of moving and stationary poses, combined with deep breathing. The physical and mental benefits of yoga provide a natural counterbalance to stress, and strengthen the relaxation response in daily life.
4. **Progressive Muscle Relaxation:** Progressive muscle relaxation involves a two-step process in which you tense, and then relax different muscle groups in the body. This raises awareness to what tension feels like in different parts of the body, and can help
 - Ocean Escape:
https://youtu.be/ar_W4jSzOIM
 - The Forest Awakens:
https://youtu.be/gU_ABFUAVAs

you notice and the first signs of the muscle tension that accompanies stress. The goal is for your body to relax, and allow your mind to follow. There are many different versions of progressive muscle relaxation.

Progressive Muscle Relaxation Practice:

- Tense the muscle groups described, you should feel increased tension but not pain, keep the muscle tensed for about 5 seconds.
- Relax the muscle/s for approximately 10 seconds
- When you have completed the exercise, remain seated or lying down and allow yourself to become alert before standing.
- **Relaxation Sequence:**
 1. Right hand and forearm: make a fist with your hand
 2. Right upper arm: "Make a muscle" by raising your forearm up to your shoulder
 3. Left hand and forearm
 4. Left upper arm
 5. Forehead: Raise your eyebrows upward
 6. Eyes and Cheeks: Squeeze your eyes tightly shut
 7. Mouth and Jaw: Open your mouth as wide as you can
 8. Neck: Be careful not to strain these muscles! Lean forward and then raise your chin to the ceiling.
 9. Shoulders: Bring your shoulders up towards your ears
 10. Shoulder Blades/Back: Push your shoulder blades back and your chest forward
 11. Chest and Stomach: Breathe in deeply, filling up your lungs with air
 12. Hips and Buttocks: Squeeze your buttocks together
 13. Right upper leg: Tighten your right thigh
 14. Right lower leg: Do this carefully so as not to cramp, pull your toes towards you to stretch your calf
 15. Right foot: Curl your toes downward
 16. Left upper leg: Tighten your left thigh
 17. Left lower leg: Do this carefully so as not to cramp, pull your toes towards you to stretch your calf
 18. Left foot: Curl your toes downward





Mental Health Apps

The following is a list of apps that many have found helpful to facilitate wellness, and/or address specific mental health concerns.

1. **Moodfit:** track and improve mood and gain actionable insight into what brings your mood up and down.
2. **MindShift:** uses scientifically proven strategies based on Cognitive Behavioral Therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take charge of your anxiety.
3. **Sanvello:** targeted to help those with anxiety and mood disorders and stress, this app teaches deep breathing, behavioral exercises, identification of cognitive distortions (negative thinking patterns), and learning how to replace them with positive thinking patterns.
4. **Calm:** promises that you'll "sleep more, stress less, and live better." How? Through guided meditation, relaxing music and sounds for sleep, videos on mindful movement and stretching, mindfulness classes, and images of nature.
5. **Insight Timer:** is a large, app-based library of guided meditations. The free version includes 30,000 free meditations, including a group specifically made to aid your sleep.
6. **MoodKit:** was developed by two clinical psychologists to help people learn how to change the way they think based on Cognitive Behavioral Therapy (CBT).
7. **Headspace:** can help you learn how to practice meditation with lighthearted (and very cute) cartoons guiding each meditation.
8. **MoodPath:** is like a virtual journal. It allows you to keep track of your daily moods through asking a series of questions gauging your feelings every day. The app will look for signs of depression and give you a summary of your moods every two weeks, which you can then take to your therapist.
9. **Happify:** claims to have science-backed games to reduce stress and help you live a happier life.
10. **What's Up:** uses CBT and Acceptance and Commitment Therapy to help you cope with depression, anger and anxiety, stress and more.
11. **Youper:** helps users identify, track and process thoughts and feelings.
12. **Color Therapy:** allows user to digitally color images



Simple Stretches

1. **Hamstring Stretch:** When our hamstrings are tight, it can actually lead to discomfort in our knees, hips and spine, so it's important to keep them loose.
 - Move to the front edge of your seat. Place your right foot forward, stretching your leg out nice and long. Your left foot should remain flat on the ground with your knee bent.
 - With your spine straight and your left hand on your left thigh, reach for your right toes with your right hand, feeling your spine elongate and the stretch extend through the backside of your leg. If you aren't able to touch your toes, rest your hand on your shin or thigh.
 - Hold the stretch for 20 to 30 seconds as you inhale and exhale. Slowly come back up and repeat on the other side.
2. **Hip Stretch:** Your hip muscles can easily tighten, causing limited flexibility. Stretching this area reduces your risk of injury while engaging in other daily activities.
 - Sitting in your chair, cross your right ankle just above your left knee. Use your right hand to gently press your right knee, feeling the stretch through the hip.
- Maintaining this position, lean forward while keeping a flat spine and relaxed shoulders. Inhale and exhale as you feel your body melt deeper into the stretch.
- Hold for 20 to 30 seconds, then slowly sit up straight and place your right foot back on the ground. Repeat on the other side.
3. **Neck Stretch:** It's common for the upper trapezius muscle (which extends from the base of your skull to your collarbone) to get tight. The effects of this—"high" shoulders and tense neck muscles—may already be all too familiar to you. This stretch can help alleviate that tension:
 - Sitting up straight in your chair, bend your head toward your right shoulder. Try to avoid leaning your whole body by keeping your shoulders level.
 - Reaching up and over, place your right hand on the left side of your head and gently apply pressure, feeling the stretch through your neck and down your left shoulder.
 - Hold this position for 20 to 30 seconds, making sure to breathe throughout the stretch.

- Release your hand and slowly bring your head back to center. Repeat on the other side.

4. Spine Stretch: Sitting all day can make your body feel compressed. Stretching and elongating your spine keeps the muscles and tissues limber while helping you feel taller. This stretch involves rotation through the spine:

- Sitting with both feet on the ground, place your left hand on your left knee and your right hand behind you on the seat.
- Inhale and twist your torso to the right, keeping your hips forward and your shoulders down. (Picture your spine winding like a spiral staircase.) Turn your head as if you're looking for something behind you.

- Hold this position for 20 to 30 seconds. Feel your spine get taller, then exhale and unwind back to the front. Repeat on the other side.

5. Shoulder Stretch: Carrying heavy bags, leaning in toward computer monitors—our lives are full of situations that lead us to round our shoulders forward, which encourages poor posture and muscle strain. To help this, try a few shoulder rolls:

- Inhale and simultaneously raise your shoulders up to your ears. Roll them back and exhale as you lower them down, letting your shoulder blades slide down your back. Avoid rolling your shoulders forward, concentrating on the up-back-down motion. Your chest should feel open and proud.
- Repeat this motion for 20 to 30 seconds. When you're finished, be mindful of the settled posture of your shoulders as you continue on with your day.

Do these stretches to the best of your ability, remembering that your flexibility will only improve over time.





Staying Connected to Family and Friends

The social distancing requirement has meant that most of us were feeling separated from family and friends. It is so important to feel connected; feeling sad or lonely because of lack of human connection is a very human experience. Find ways that help you to feel more connected to your friends, family, and groups of interest, here are a few ideas to try...

1. **Face-to-Face from Afar:** Video chat is the next best thing to in-person interaction because we can still see and share facial cues, body language and other nonverbal forms of communication which help us to feel connected.
2. **Have a Digital Dinner:** Plan to meet a friend, family member, or partner remotely to share a meal.
3. **Make a "Share-a-Meal" calendar:** When someone reaches out to ask how they can help ask them to sign up to "share-a-meal" with you, and meet them remotely, sharing meals fosters a sense of connection.
4. **Host a Remote Get-together:** Invite a group of friends with a shared interest, a remote book club meeting? Remote coffee? Remote painting nails?
5. **Host a Remote Watch Party:** Netflix Party allows users to host a long distance watch party.
6. **Simple kindness:** Though we may all enjoy seeing friends "like" our social media posts, think about how much different it feels when someone takes the time to write something, even a short response. Take the time and attention to show someone you are thinking of them by commenting.
7. **Find your tribe:** Cultivate your community; passionate about gardening, photography, comics? Anything you can imagine you can find networks (on FaceBook) of people happy to indulge. There are also many opportunities to find support groups around any topic that many offer a chance to find support in a community of people you can relate to.
8. **Use Video Conference Apps for Game Night:** Facetime, Zoom, Video calls can be planned to include you as a player, establish someone to move piece. Game nights can be a fun and enjoyable distraction and provide much needed connection and laughter.



Helpful/Interesting/ Funny TedTalks

1. The Gift and Power of Emotional Courage (self-help): Susan David

[ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

2. Inside the mind of a master procrastinator (funny): Tim Urban

<https://youtu.be/arj7oStGLkU>

3. This is what happens when you reply to Spam Email (funny): James Veitch

https://youtu.be/_QdPW8JrYzQ

4. The Happy Secret to Better Work (funny/inspiring): Shawn Achor

<https://youtu.be/fLJsdqxnZb0>

5. Measuring what makes life worthwhile (self-help): Chip Conley

[ted.com/talks/chip_conley_measuring_what_makes_life_worthwhile?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/chip_conley_measuring_what_makes_life_worthwhile?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

6. Why we all need to practice emotional first aid (self-help): Guy Winch

[ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

7. Helping others makes us happier-but it matters how we do it (uplifting and self help): Elizabeth Dunn

[ted.com/talks/elizabeth_dunn_helping_others_makes_us_happier_but_it_matters_how_we_do_it?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/elizabeth_dunn_helping_others_makes_us_happier_but_it_matters_how_we_do_it?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)



Resources for Education/Leisure

1. Explore the National Parks online:

- The Hidden Worlds of the National Parks by Google Arts & Culture:
<https://artsandculture.withgoogle.com/en-us/national-parks-service>

2. Explore museums and artwork and taking guided tours of cool places online:

- Street View with Google Arts & Culture:
<https://artsandculture.google.com/project/street-view?hl=en>
- Take a virtual tour of the National Museum of Natural History:
<https://naturalhistory.si.edu/visit/virtual-tour>

3. Take a tour of Street Art around the world:

- Street Art by Google:
<https://streetart.withgoogle.com/en/audio-tours>

4. Do a virtual dive:

- National Marine Sanctuaries
<https://sanctuaries.noaa.gov/vr/>

5. Watch a virtual concert:

- NPR list of virtual concerts and times:
<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

6. Watch Broadway shows online:

- Get a 7-day free trial to Broadway HD:
<https://www.broadwayhd.com/>

7. KindleUnlimited has free 2-month subscriptions:

amazon.com/kindle-dbs/hz/subscribe/ku?ref_=sv_kstore_2&encoding=UTF8&shoppingPortalEnabled=true

8. Get free books and audiobooks online from your local library using Libby:

<https://www.overdrive.com/apps/libby/>

9. List of free Ivy League courses online:

<https://www.classcentral.com/collection/ivy-league-moocs>

10. List of free college courses online:

<http://www.openculture.com/freeonlinecourses>

11. Weekly writing prompts online, with a short story competition:

<https://blog.reedsy.com/creative-writing-prompts/>

Additional Mental Health Resources

If you find yourself unable to manage your emotions, feeling unusually anxious, or unable to cope please reach out to your caretakers for more guidance. Below are links to additional, more in-depth mental health resources that may be helpful.

1. 'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)
<https://drive.google.com/file/d/1egT4Gdk8bayqyFRd-Clq9hi1YI6tKPTX/view?fbclid=IwAR0NMGVapUnkOhKgDFF9jFqzz1Q2TUJTpVMzqTiHyDNVCpo5GijNDYExtl4>.
2. NAMI (National Alliance for Mental Illness)
<https://www.nami.org/>
3. Living with worry and anxiety amidst global uncertainty
https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf

References and Resources

1. <https://www.med.unc.edu/psych/files/2020/03/Managing-Stress-and-Anxiety-During-Uncertain-Times.pdf>
2. https://www.cnn.com/2020/03/14/health/coronavirus-fears-mental-health-wellness-trnd/index.html?fbclid=IwAR3PrkI8jp78wwwV4-39AV3Jj_9FUA34EOszP0LWw_k7Qp1fWPDKVNPbuHI
3. <https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>
4. https://www.scientificamerican.com/article/how-to-prevent-loneliness-in-a-time-of-social-distancing/?fbclid=IwAR3luPtSW6Ns_03FtQ4mEMw03VH9Uocq0gWVAZuYY1I35GUt1ntGcVTUrzl
5. <https://www.developgoodhabits.com/gratitude-journal-prompts/>
6. <https://www.weforum.org/agenda/2020/03/self-isolating-coronavirus-covid19-pandemic-quarantine-lockdown-technology-social/>
7. <https://necci.edu/respiratory-health-for-better-covid-19-outcomes>
8. <https://www.youtube.com/watch?v=EYQsRBNYdPk>
9. <https://www.uofmhealth.org/health-library/uz2255>
10. <https://www.canyonranch.com/blog/fitness/5-simple-seated-stretches/>
11. <http://www.psychologytools.org/relaxation/html>

WORD SEARCH

1950's Movies



ALL ABOUT EVE	GIANT	ROMAN HOLIDAY	SUNSET BLVD
BEN-HUR	GUYS AND DOLLS	SABRINA	THE ROBE
EAST OF EDEN	JULIUS CAESAR	SEVEN SAMURAI	THE SEARCHERS
FORBIDDEN PLANET	ON THE WATERFRONT	SHANE	TO CATCH A THIEF
FUNNY FACE	REAR WINDOW	SOME LIKE IT HOT	VERTIGO

WORD SEARCH

Famous Pairs



ADAM AND EVE
BATMAN AND ROBIN
BERT AND ERNIE
BILL AND TED
BONNIE AND CLYDE

BOW AND ARROW
BREAD AND BUTTER
CHEECH AND CHONG
DAVID AND GOLIATH
DEATH AND TAXES

FISH AND CHIPS
FUZZY DICE
GIN AND TONIC
JACK AND JILL
LAUREL AND HARDY

LEWIS AND CLARK
PUNCH AND JUDY
SNAKE EYES
SONNY AND CHER
TOM AND JERRY

WORD SEARCH

Nautical



ANCHOR
BEACON
BOATSWAIN
BRIDGE
CAPTAIN

CROW'S NEST
DINGHY
DUNNAGE
ENGINE ROOM
FORESAIL

GANGPLANK
HARBOR
MAIN MAST
PORT
PROPELLER

RIGGING
RUDDER
SPAR
STARBOARD
STERN

WORD SEARCH

Ice Cream Flavors



BUBBLE GUM
BUTTER PECAN
CHOCOLATE CHIP
COOKIE DOUGH

COTTON CANDY
FRENCH VANILLA
MINT CHIP
MOCHA ALMOND FUDGE

NEAPOLITAN
NUTTY COCONUT
PEANUT BUTTER CUP
PISTACHIO ALMOND

RAINBOW SHERBET
ROCKY ROAD
STRAWBERRY
VANILLA BEAN

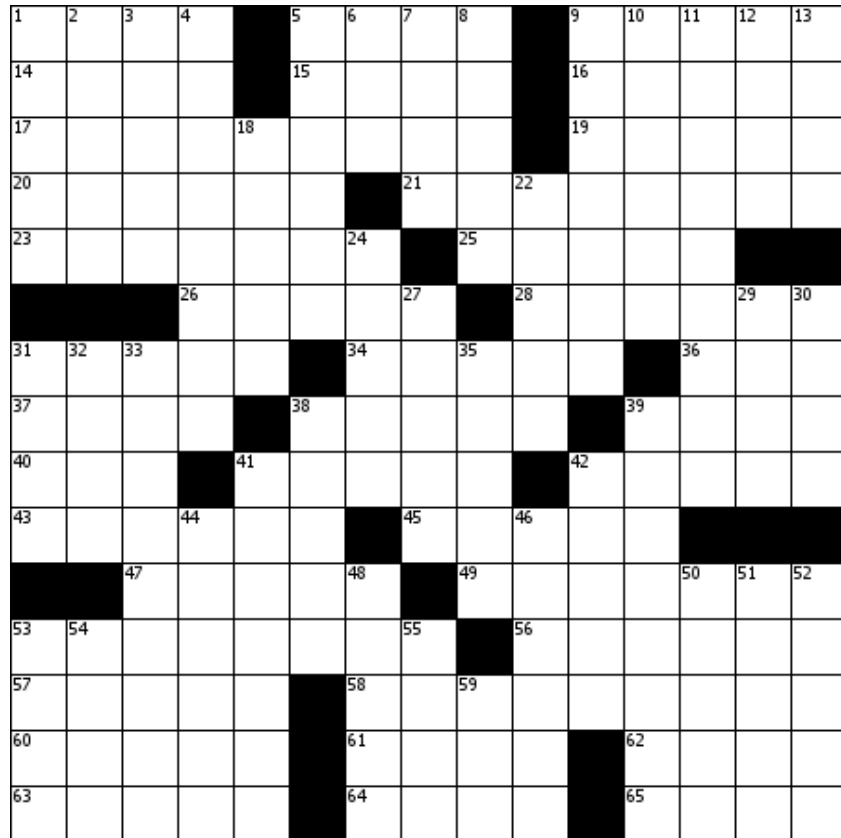
CROSSWORD PUZZLE

Puzzle 1



Across

1. Dracula portrayer Lugosi
5. Actress Annabeth or Lillian
9. Exclude
14. Chopped down
15. Greek "i"
16. Napoleon's fate
17. Wynonna's mom
19. Mea ___
20. Influential Pacific current
21. Designated, perhaps incorrectly
23. NASCAR official
25. Like Jerry Lewis's professor
26. Fieri crime
28. Table clearer
31. Gambling mecca Monte ___
34. Gondola driver
36. Suffix with press
37. Plains tribesmen
38. Durango dinero
39. Author Ferber
40. Lab or peke
41. Hindu garments
42. Incas' mountains
43. "Bam!" chef
45. Put in the ship's record again
47. Magritte and Descartes
49. Unlike sand in water
53. Spanish city where the bulls run
56. Sprang (up), as tears
57. As __: generally
58. "Wascally wabbit" hunter
60. Musical finales
61. Stir up
62. Needle case
63. Warhol and Griffith
64. Compaq competitor
65. Nincompoop



Down

1. Ruinations
2. Glorify
3. Hotelier Helmsley
4. Navy bigwigs
5. Military action toys
6. Debtor's letters
7. Yardsticks: Abbr.
8. Wore
9. Central Illinois city
10. Jumps for joy
11. Melville novel
12. High mountain, to Henri
13. Interpret, as tea leaves
18. Emcee's job
22. Sugar helpings
24. Dogie catcher
27. Polite refusal
29. Writer Sarah ___ Jewett
30. Nays' opposites
31. Morse's creation
32. Symbol of the post-1945 age
33. Onetime Tom Brokaw co-anchor
35. Goes down to defeat
38. Opposite of neo-
39. Swamped
41. Without transgressions
42. "You've got mail" addressee
44. Sportsblast staple
46. Massachusetts city on the Merrimack
48. Bergen's Mortimer
50. Popeye foe
51. Helped cause, with "to"
52. Comical Murphy
53. White-spotted rodent
54. Elvis's middle name.
55. Lotion ingredient
59. "Cool" amount, at a heist

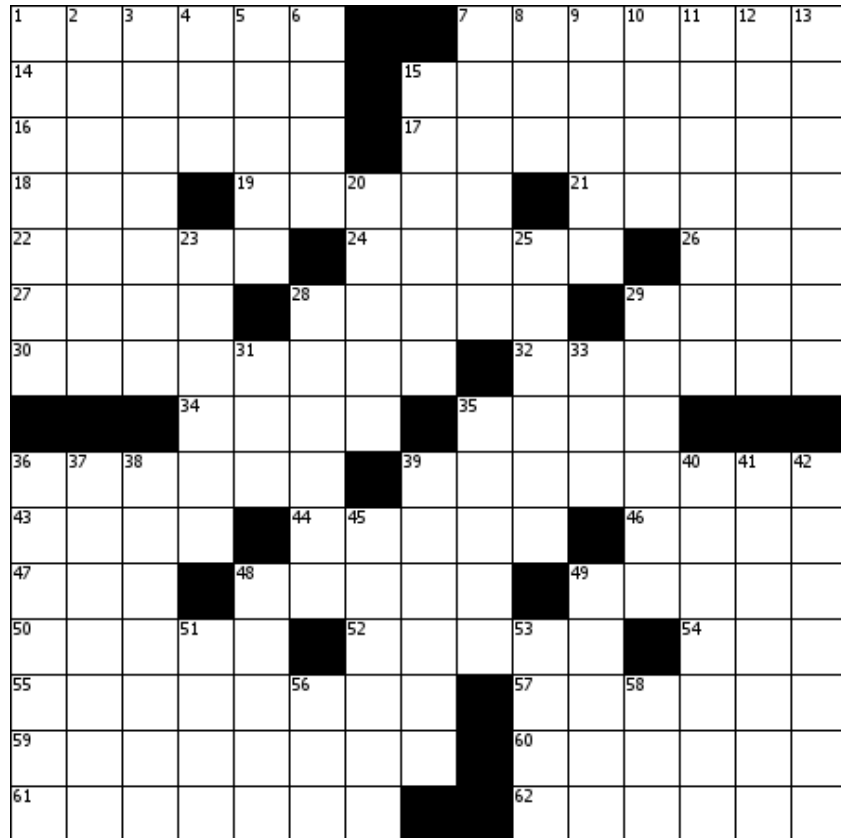
CROSSWORD PUZZLE

Puzzle 2



Across

1. Minor aberration
7. Did as told
14. Gum product
15. Eyebrowless lady
16. Blah
17. 1967 Daytona winner
18. Card game
19. Blackmore heroine
21. Sign of joy
22. Quits playing
24. Unavailable
26. "Printemps" month
27. Off duty
28. Went out
29. Existentialist author
30. Vacillated
32. Wrestling venues
34. Lady of Arthurian legend
35. Bridge support
36. Turkish peak
39. Purses
43. "Tout à ___" (completely)
44. Category
46. Toon light
47. Cone bearer
48. Arabian vessels
49. Unseasoned
50. Zhou ___
52. Kipling wolf
54. Flood residue
55. Agree exactly
57. Fall upon
59. Worked underground
60. Canadian surname in the news in '34
61. Controlled forward motion
62. Somewhat imperfect



Down

1. Doesn't embrace
2. Magnetite, e.g.
3. Early-release beneficiary
4. Frat letter
5. Does a bank job
6. As a result
7. Study
8. Fabric fragment
9. Western writer
10. Away from the storm
11. A, C, or D
12. "CHiPs" star
13. Common wildflowers
15. Provided staff
20. Cut down on noise, maybe
23. Much of Mongolia
25. Marks
28. Basketball maneuver
29. Small pet
31. Literary miscellany
33. ___ pepper
35. Dated
36. Influences
37. Postponed game
38. Major peanut purchaser
39. Peddled
40. Unwilling to move
41. Sincere
42. Ready to ride
45. Like some questions
48. Kitchen gadget
49. Lester Young employer
51. Sister of Charlotte
53. "Braveheart" producer
56. Tact tail
58. Mama's boy

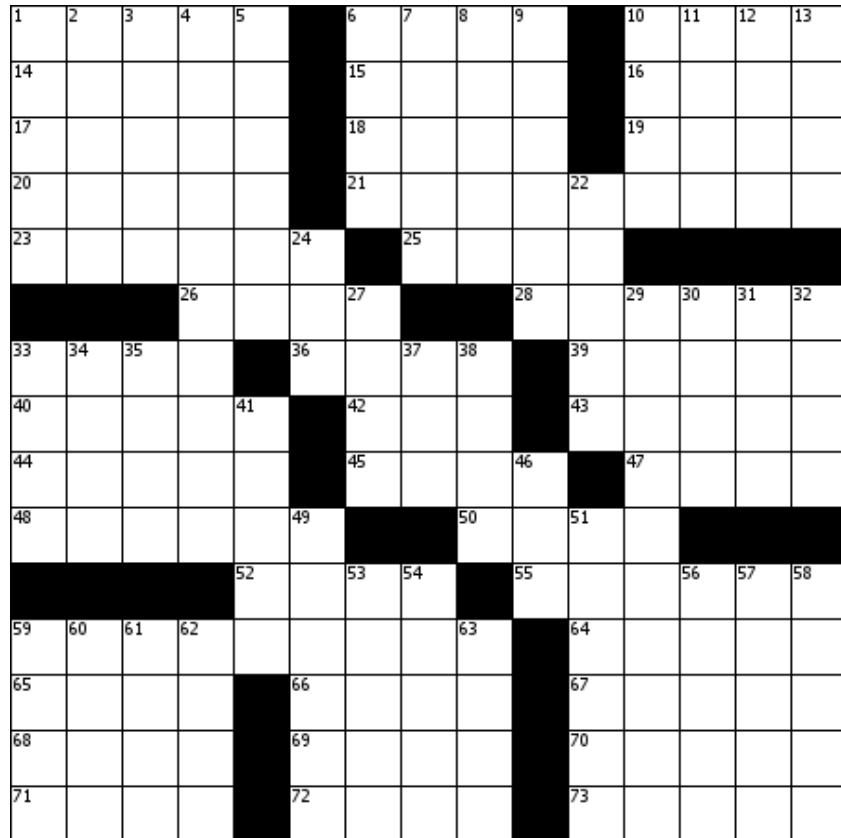
CROSSWORD PUZZLE

Puzzle 3



Across

1. Like Santa Claus
6. PDQ relative
10. A few (of)
14. Storytelling Uncle of fiction
15. Loafer, for example
16. Sharpen, as an appetite
17. Actor's negotiator
18. Alphabetize
19. "___ Karenina"
20. T-shirt size
21. Gaga over
23. Fashions
25. Kite part
26. In the center of
28. Private teachers
33. Ballpark scoreboard posting
36. Emily of etiquette
39. Movie-studio bigwig
40. Switchplate metal
42. ___ Paulo, Brazil
43. Taco-chip topping
44. Marsh bird
45. Self-images
47. Profound
48. Polite assent
50. Profit's opposite
52. Page of a book
55. Finished-basement feature
59. Represses
64. Rich cake
65. Nautical greeting
66. Citrus fruit
67. "Here's to you" is one
68. Fine shirt fabric
69. Notion
70. Born first
71. Filet fish
72. Loch ___ monster
73. Homework assignment



Down

1. Nonwritten exams
2. Sired, in the Bible
3. Abrasive material
4. Beachgoer's wear
5. High regard
6. Special-interest org.
7. Holler
8. Major blood vessel
9. Watch Mom's parakeet, perhaps
10. Ear cleaner
11. "This can't be!"
12. Waiter's handout
13. Coup d'___
22. Grads
24. Small taste of tea
27. Medicinal amount
29. Poisonous mushrooms
30. Stare at
31. Pretext
32. High-five, e.g.
33. Follow directions
34. Press for
35. Driveway coverings
37. Droop
38. Wrench or pliers
41. Motionless
46. Piglet's mother
49. Land, as a fish
51. Small sofa
53. All kidding ___
54. Internalizes anger
56. Thin nails
57. Between ports
58. Have another go at it
59. Tenor's colleague
60. Cincinnati's state
61. Turnpike charge
62. Youngster
63. Green veggies

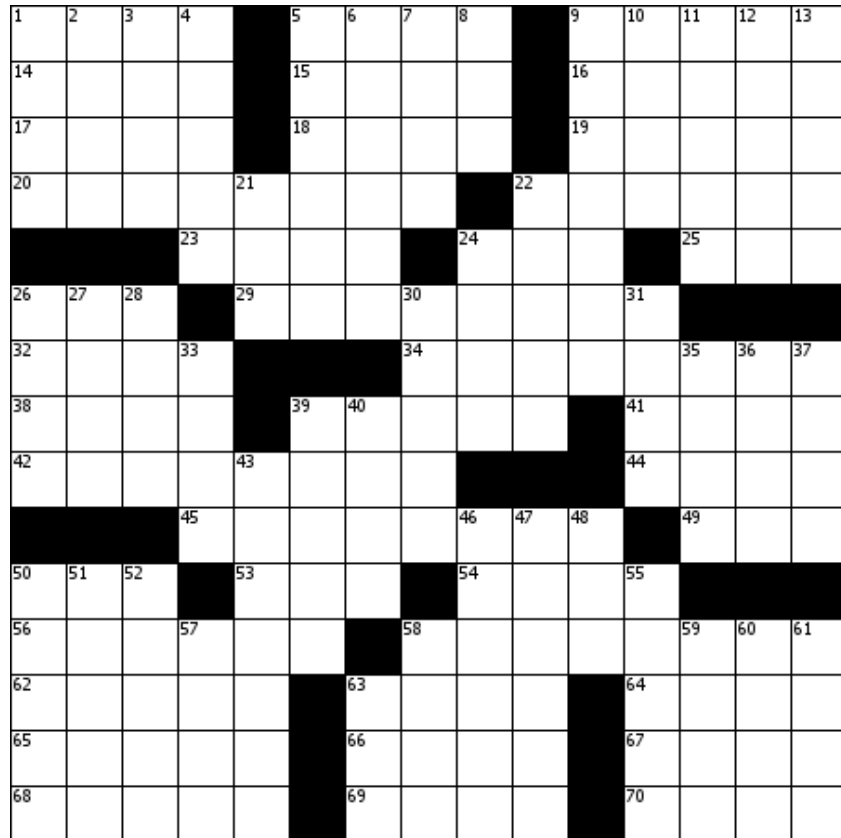
CROSSWORD PUZZLE

Puzzle 4



Across

1. Peruse
5. Mexican house
9. Irritating ones
14. Texas town
15. Upon
16. Edgar ____ Poe
17. In the center of
18. Mix
19. Andean animal
20. Statue base
22. Seesaw
23. Indian attire
24. Fedora, e.g.
25. Poet's "before"
26. Baby flower
29. Three-movement composition
32. Not ashore
34. Able to read
38. Large truck
39. Clairvoyants
41. Diva's song
42. Island off India (2 wds.)
44. Box tops
45. Raining ice
49. Colorant
50. Savings plan (abbr.)
53. ____ Vegas
54. Must have
56. Heavy linen
58. Most transparent
62. Travel ____
63. Frog's kin
64. Bread spread
65. Hair coloring
66. ____ and void
67. Bullring cheers
68. More peculiar
69. Elm or pine
70. Cushions

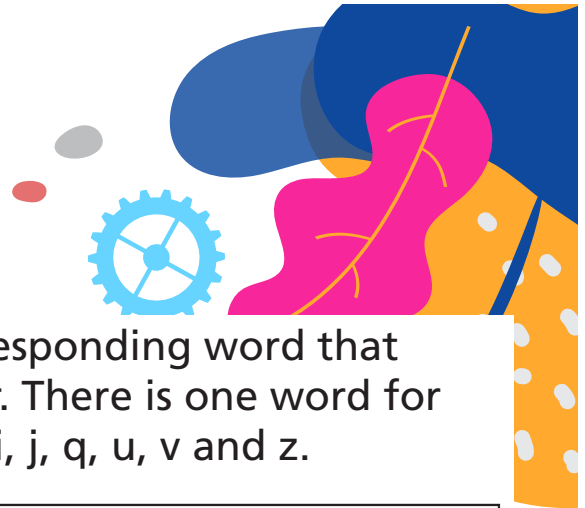


Down

1. Exchange
2. Showed up
3. Tart
4. Lymph ____
5. Cuban leader
6. Reach
7. Dirt
8. Mar. follower
9. Artist's board
11. List of candidates
12. More docile
13. Kind of drum
21. Defunct USAF branch
22. Small pies
24. Inheritor
26. Freshwater fish
27. Operator
28. ____ Moore of "G.I. Jane"
30. Shoe spike
31. Unwritten
33. Is sick
35. Parched
36. Neat
37. Relaxation
39. Move stealthily
40. Makes do
43. Sports VIP (hyph.)
46. Take a breath
47. Sewing item
48. Goodness!
50. Potato state
51. Was furious
52. Change
55. Wilt
57. "The Diary of ____ Frank"
58. ____ cream
59. Jazz singer ____ Fitzgerald
60. Plant's beginning
61. Hurl
63. Explosive inits.

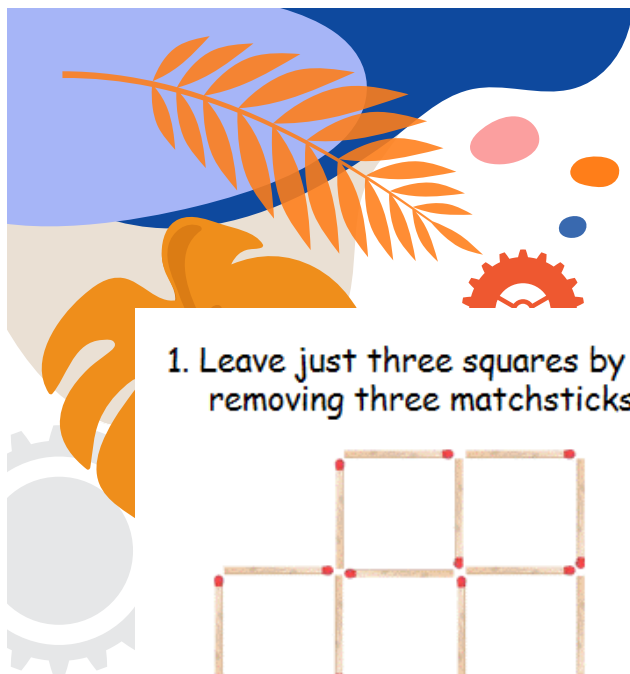
BRAIN TEASER

Start to Finish



DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

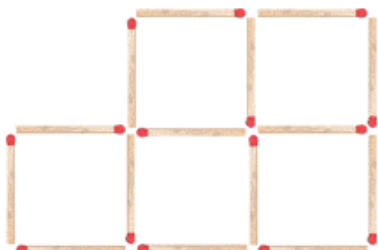
Spend time in front of the mirror	PRIMP
Intuitive inkling	
Pioneer in photocopying	
Bitterly sarcastic	
Gas in some signs	
Eskimo canoe	
Chinese medicinal root	
Where a rubber duckie lives	
Roll in the mud	
Pleasure traveller	
Temporary loss of memory	
Deadly	
Pizza herb	
Very knowledgeable	
Forty-eight hours before tomorrow	
The most	
Excessive	
Feudal land	
Trepidation	
Water storage area	



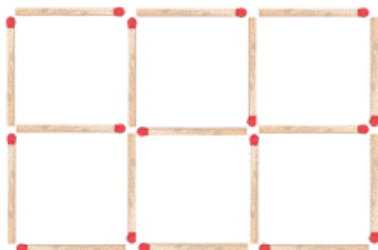
BRAIN TEASER

Matchstick Puzzle 1

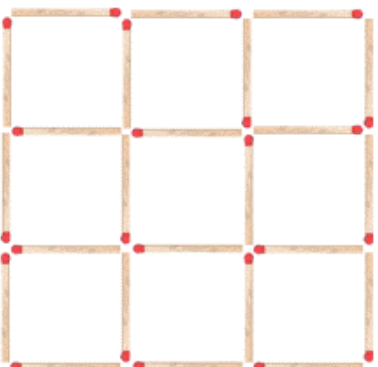
1. Leave just three squares by removing three matchsticks.



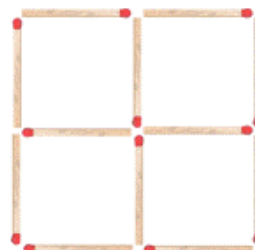
2. Leave just three squares by removing five matchsticks.



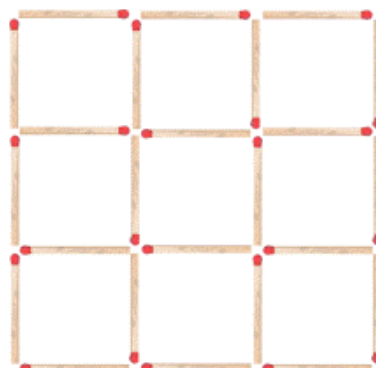
3. Leave just two squares by removing eight matchsticks.



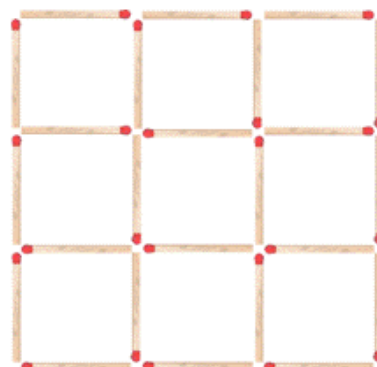
4. Leave just two squares by removing two matchsticks.



5. Leave just six squares by removing eight matchsticks.



6. Leave just three squares by removing six matchsticks.

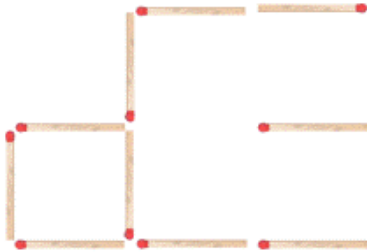


BRAIN TEASER

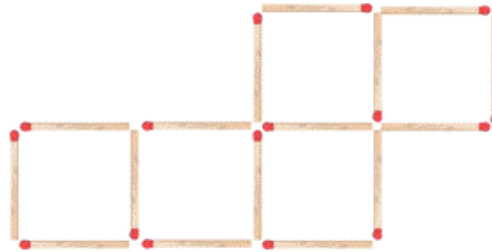
Matchstick Puzzle 2



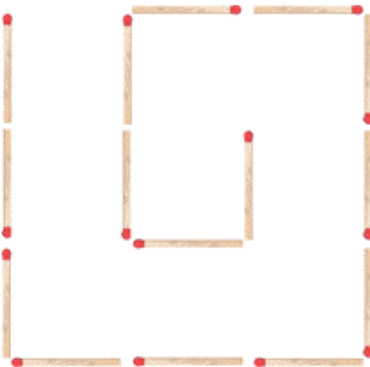
1. Move three matchsticks to make two squares.



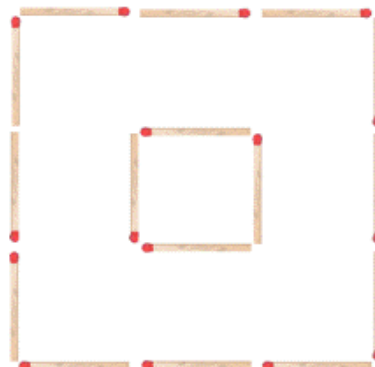
4. Move two matchsticks to make four squares.



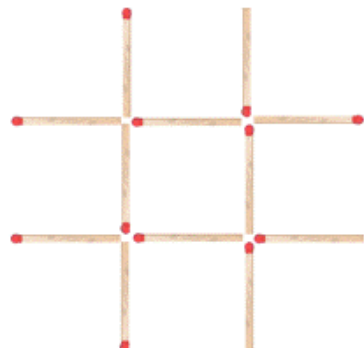
2. Move three matchsticks to make two squares.



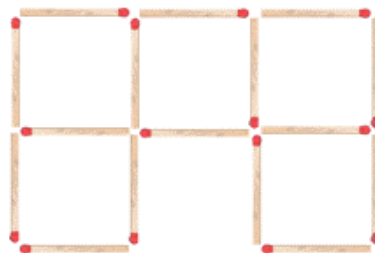
5. Move four matchsticks to make three squares.



3. Move three matchsticks to make three squares.



6. Move three matchsticks to make four squares.



MAZE

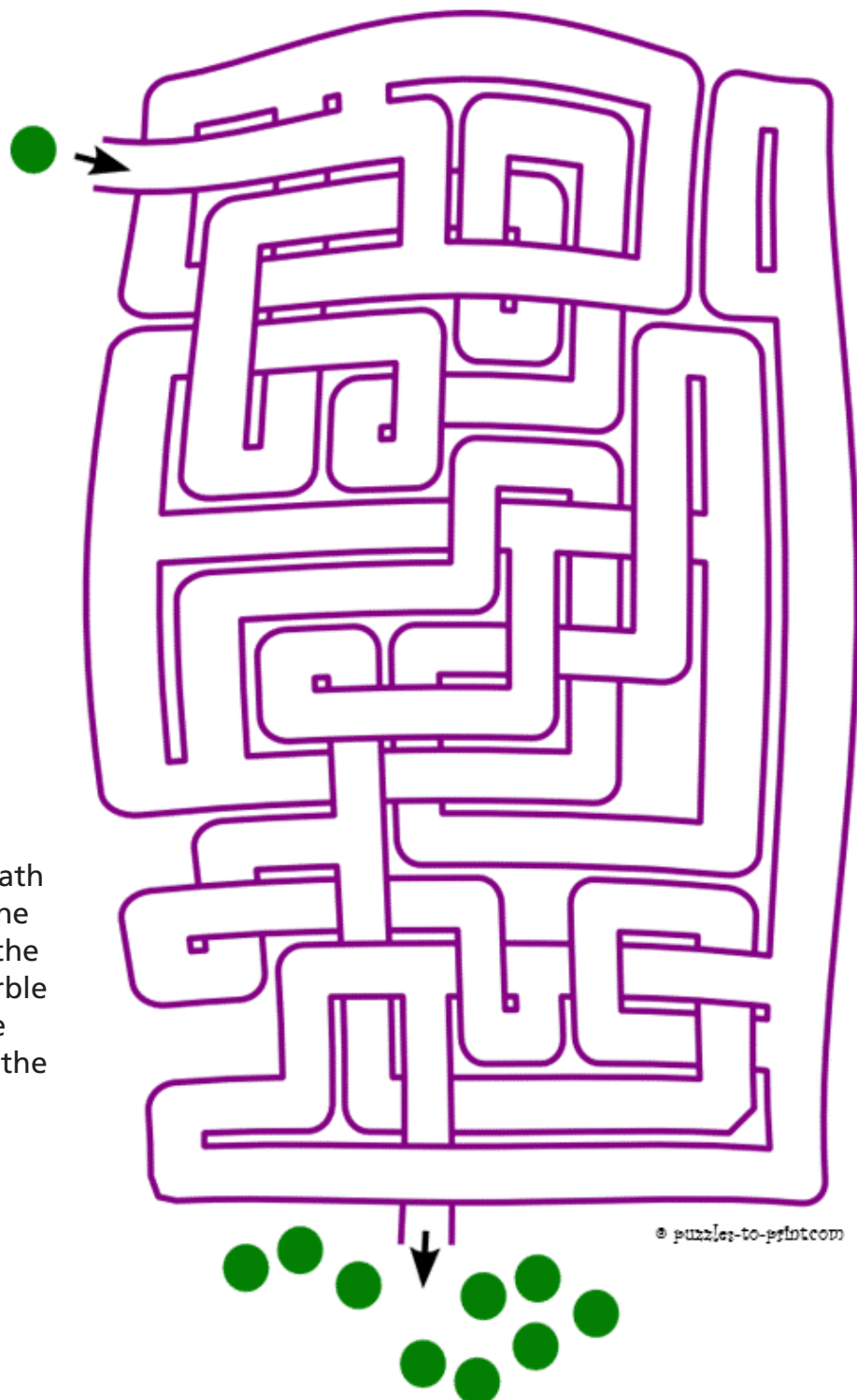
Suitcase to Plane



Ever wonder how your suitcase gets from the check-in counter to the airplane? Be careful, you don't want to be without your toothbrush for vacation.

MAZE

Green Marbles



© puzzles-to-print.com

Find the shortest path through the maze for the green marble to join the others on the bottom.

BRAIN TEASERS

Riddle Me This

1.

When you have me, you immediately feel like sharing me. But, if you do share me, you do not have me.

2.

First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?

3.

A man left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?

4.

I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.

5.

What has a mouth, but cannot eat; moves, but has no legs; and has a bank, but cannot put money in it?

6.

What 5-letter word becomes shorter when you add two letters to it?

7.

A bat and a ball cost \$1.10. The bat costs one dollar more than the ball. How much does the ball cost?

8.

A man pushes his car to a hotel and tells its owner that he is bankrupt. Why?

9.

You are a cyclist in a cross-country race. Just before the crossing finish line, you overtake the person in second place. In what place did you finish?

10.

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

11.

As I was going to St. Ives, I met a man with seven wives. Each wife had seven sacks. Each sack had seven cats. Each cat had seven kits. Kits, cats, sacks and wives how many were going to St. Ives?

12.

In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?

13.

Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?

14.

What is full of holes but can still hold water?

15.

I do not have any special powers, but I can predict the score of any football game before it begins. How can I do this?

16.

Give me food, and I will live; give me water, and I will die. What am I?

17.

Your dad tells you that he will pay you \$6.00 an hour for the 6 seconds that you take to wash your hands before dinner.

How much did you make for washing your hands?

SUDOKU

Instructions

1. The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digit from 1 to 9
2. A cell is the smallest block in the game. A row, column, and region consists of 9 cells and the whole game consists of 81 cells. A region has thicker lines surrounding it.
3. The most basic strategy to find missing numbers is scanning and it consists of
 - o Crosshatching: You scan rows and columns to eliminate where a specific number can be in a given region.
 - o Counting: You simply count all the different numbers that are in a row, column, and region that connects to one cell. If there is just one number missing then that is that would be in the cell.



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

SUDOKU

Puzzles 1 & 2



	3	8						
			7	1	8			
4						6	5	8
	7	5						
6	2		4		9		7	3
						2	1	
8	6	9						4
			5	2	6			
						7	3	

1.

9	5	6		8				1
4						7	9	
	3		4	1				
					3	6		
			5		8			
		2	9					
				7	6		2	
	8	7						3
1				9		8	7	4

2.

SUDOKU

Puzzles 3 & 4



3.

4	9				1			5
					8		9	
								3
		2		9		4	7	
9		8	7	5	6	1		2
	6	7		2		8		
6								
	1		3					
5			9				1	7

4.

6		1	5				9	
		4				6		
	3	5			1			
7	6					9		
8					6			
1		2		9				7
			1	3	5	7		
3				8			5	
					7	3	8	4



CREATIVITY Journaling Prompts

- What favorite comfort-food, pet, piece of clothing are you grateful for?
- What person in your life are you grateful for?
- What do you enjoy most about your favorite hobby? How can you incorporate that into other parts of your life?
- Describe a day in your life that was especially enjoyable. What made the day so good?
- What do you look for in a close friend? Write about those characteristics. Write about ways or times that you have shown those characteristics.
- Name a book that spoke to you on a personal level. Why?
- You just moved into your dream home. Look out the kitchen window. What do you see?
- If you had a theme song, what would it be? Why?
- What is your greatest strength? Describe a time that this strength served you well.
- Describe a time you felt especially valued and loved.
- What is the best compliment you've ever received? Describe how it felt to receive that compliment.
- Write a list of all the things you are grateful for.
- Pick one positive word you would like to focus on this week. Make a list of things you can do to experience this feeling each day.
- Name an animal whose characteristics you admire. Are you in any way like that animal? Write about how you show these characteristics.
- What is your greatest accomplishment? Write about the strengths you showed to accomplish this. Write about how it felt to accomplish this.

CREATIVITY

Zentangles and Zendoodles

A Zentangle is a method of mindfully doodling for relaxation, distraction, or coping that can provide relief from stress or distressing thoughts as it requires focus and attention.

You start a Zentangle by just drawing an ambiguous or structured shape, whichever you prefer, then you draw "strings" or lines through the shape to create open areas.

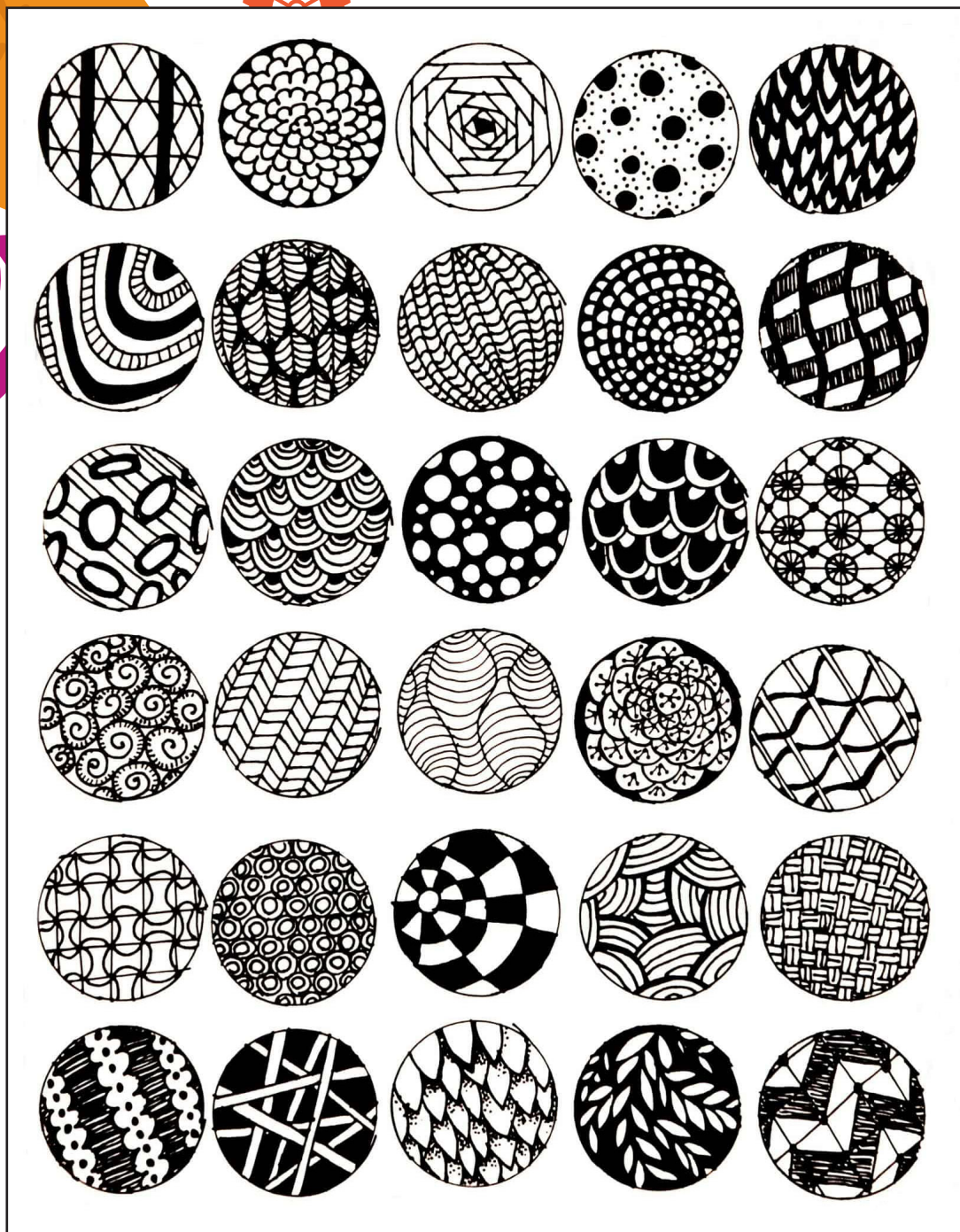
Inside the open areas you fill the space with patterns.

Below are some pattern ideas but the possibilities are endless.



CREATIVITY

More Zentangle Ideas



Handwriting practice lines consisting of 20 horizontal dotted lines.

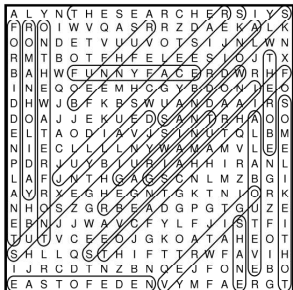
Handwriting practice lines consisting of 20 horizontal dotted lines.

Handwriting practice area with 20 sets of dotted lines for tracing on a lined background.

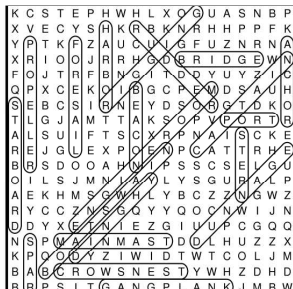
Handwriting practice lines consisting of 20 horizontal dotted lines.

Handwriting practice lines consisting of 20 horizontal dotted lines.

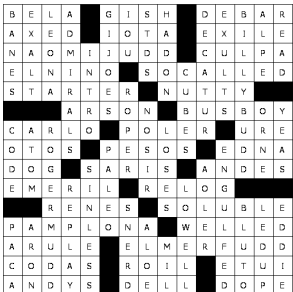
1950's Movies (p.25)



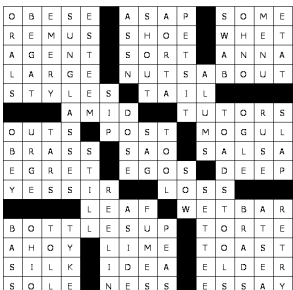
Nautical (p.27)



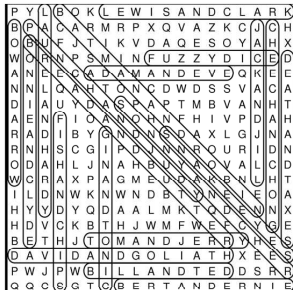
Puzzle 1 (p.29)



Puzzle 3 (p.31)



Famous Pairs (p.26)









Ice Cream Flavors (p.28)



Start to Finish (p.33)

Spend time in front of the mirror	PRIMP
Intuitive inkling	HUNCH
Pioneer in photocopying	XEROX
Bitterly sarcastic	CAUSTIC
Gas in some signs	NEON
Eskimo canoe	KAYAK
Chinese medicinal root	GINSENG
Where a rubber duckie lives	BATHTUB
Roll in the mud	WALLOW
Pleasure traveller	TOURIST
Temporary loss of memory	AMNESIA
Deadly	LETHAL
Pizza herb	OREGANO
Very knowledgeable	ERUDITE
Forty-eight hours before tomorrow	YESTERDAY
The most	MAXIMUM
Excessive	SUPERFLUOUS
Feudal land	FIEF
Trepidation	DREAD
Water storage area	RESERVOIR

Matchstick Puzzle 1 (p.34)

1. Leave just three squares by removing three matchsticks.

 2. Leave just three squares by removing five matchsticks.

 3. Leave just two squares by removing eight matchsticks.

 4. Leave just two squares by removing two matchsticks.

 5. Leave just six squares by removing eight matchsticks.

 6. Leave just three squares by removing six matchsticks.


Matchstick Puzzle 2 (p.35)

1. Move three matchsticks to make two squares.
2. Move three matchsticks to make two squares.
3. Move three matchsticks to make three squares.
4. Move two matchsticks to make four squares.
5. Move four matchsticks to make four squares.
6. Move three matchsticks to make four squares.

Brain Teasers

Riddle Me This (p.36)

1. A secret
2. Corn on the cob
3. The catcher and the umpire.
4. The letter S
5. River
6. Short
7. The ball costs 5 cents. One dollar more than 5 cents is \$1.05, the sum of which is \$1.10.
8. He is playing Monopoly
9. Second Place. If you pass the person in second, you take second place, and they become third.
10. His son.
11. One. Only I was going to St. Ives
12. They all do.
13. Jimmy, because Jimmy's mother had four children!
14. A sponge
15. Well, the score before any football game is always zero to zero!
16. Fire
17. 1 cent

Sudoku

Puzzle 1 (p.37)

<u>2</u>	3	8	<u>6</u>	<u>4</u>	<u>5</u>	<u>1</u>	<u>9</u>	<u>7</u>
<u>5</u>	<u>9</u>	<u>6</u>	7	1	8	<u>3</u>	<u>4</u>	<u>2</u>
4	<u>1</u>	<u>7</u>	<u>9</u>	<u>3</u>	<u>2</u>	6	5	8
<u>3</u>	7	5	<u>2</u>	<u>8</u>	<u>1</u>	<u>4</u>	<u>6</u>	<u>9</u>
6	2	<u>1</u>	4	<u>5</u>	9	<u>8</u>	7	3
<u>9</u>	<u>8</u>	<u>4</u>	<u>3</u>	<u>6</u>	<u>7</u>	2	1	<u>5</u>
8	6	9	<u>1</u>	<u>7</u>	<u>3</u>	<u>5</u>	<u>2</u>	4
<u>7</u>	<u>4</u>	<u>3</u>	5	2	6	<u>9</u>	<u>8</u>	<u>1</u>
<u>1</u>	<u>5</u>	<u>2</u>	<u>8</u>	<u>9</u>	<u>4</u>	7	3	<u>6</u>

Puzzle 2 (p.38)

9	5	6	<u>2</u>	8	<u>7</u>	<u>3</u>	<u>4</u>	1
4	<u>2</u>	<u>1</u>	<u>6</u>	<u>3</u>	<u>5</u>	7	9	<u>8</u>
<u>7</u>	3	<u>8</u>	4	1	<u>9</u>	<u>2</u>	<u>5</u>	<u>6</u>
<u>5</u>	<u>1</u>	<u>9</u>	<u>7</u>	<u>4</u>	3	6	<u>8</u>	<u>2</u>
<u>6</u>	<u>7</u>	<u>3</u>	5	<u>2</u>	8	<u>4</u>	<u>1</u>	<u>9</u>
<u>8</u>	<u>4</u>	2	9	<u>6</u>	<u>1</u>	<u>5</u>	<u>3</u>	<u>7</u>
<u>3</u>	<u>9</u>	<u>4</u>	<u>8</u>	7	6	<u>1</u>	2	<u>5</u>
<u>2</u>	8	7	<u>1</u>	<u>5</u>	<u>4</u>	<u>9</u>	<u>6</u>	3
1	<u>6</u>	<u>5</u>	<u>3</u>	9	<u>2</u>	8	7	4

Puzzle 3 (p.39)

4	9	<u>6</u>	<u>2</u>	<u>3</u>	1	<u>7</u>	<u>8</u>	5
<u>7</u>	<u>3</u>	<u>5</u>	<u>6</u>	<u>4</u>	8	<u>2</u>	9	<u>1</u>
<u>8</u>	<u>2</u>	<u>1</u>	<u>5</u>	<u>7</u>	<u>9</u>	<u>6</u>	<u>4</u>	3
<u>1</u>	<u>5</u>	2	<u>8</u>	9	<u>3</u>	4	7	<u>6</u>
9	<u>4</u>	8	7	5	6	1	<u>3</u>	2
<u>3</u>	6	7	<u>1</u>	2	<u>4</u>	8	<u>5</u>	<u>9</u>
6	<u>7</u>	<u>3</u>	<u>4</u>	<u>1</u>	<u>5</u>	<u>9</u>	<u>2</u>	<u>8</u>
<u>2</u>	1	<u>9</u>	3	<u>8</u>	<u>7</u>	<u>5</u>	<u>6</u>	<u>4</u>
5	<u>8</u>	<u>4</u>	9	<u>6</u>	<u>2</u>	<u>3</u>	1	7

Puzzle 4 (p.40)

6	<u>7</u>	1	5	<u>4</u>	<u>8</u>	<u>2</u>	9	<u>3</u>
<u>2</u>	<u>8</u>	4	<u>3</u>	<u>7</u>	<u>9</u>	6	<u>1</u>	<u>5</u>
<u>9</u>	3	5	<u>2</u>	<u>6</u>	1	<u>4</u>	<u>7</u>	<u>8</u>
7	6	<u>3</u>	<u>8</u>	<u>5</u>	<u>2</u>	9	<u>4</u>	<u>1</u>
8	<u>4</u>	<u>9</u>	<u>7</u>	<u>1</u>	6	<u>5</u>	<u>3</u>	<u>2</u>
1	<u>5</u>	2	<u>4</u>	9	<u>3</u>	<u>8</u>	<u>6</u>	7
<u>4</u>	<u>9</u>	<u>8</u>	1	3	5	7	<u>2</u>	<u>6</u>
3	<u>2</u>	<u>7</u>	<u>6</u>	8	<u>4</u>	<u>1</u>	5	<u>9</u>
<u>5</u>	<u>1</u>	<u>6</u>	<u>9</u>	<u>2</u>	7	3	8	4



NEWTON-WELLESLEY
HOSPITAL



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL