CFAES

OHIO STATE UNIVERSITY EXTENSION

HUNT (4-H)EALTH

Find your fun	Take a walk	Watch a mindful video	Listen to calm music	Exersise when stressed
Watch a hopeful movie	Meditate	Draw a picture	Call a friend	FaceTime with family
Visit 4H healthy living journal	List what you are grateful for		Exercise with someone	Do a nature hunt
Listen to someone closely	Take a virtual tour	Have an open mindset	Try a new thing	Practice thoughtful giving
Laugh out loud!	Journal about your day	Learn a mindful tip	Reframe a negative thought	Check your wellness!

Jump-start Healthy Living, Learning, and Fun with These Links!

- **4-H Volunteers -** You are invited to attend the Ohio 4-H Volunteer Mental Health Training series each Wednesday in January - Register here: **https://go.osu.edu/4HMHtraining**
- **Take a Moment for You! -** Learn tips to take a mindful moment, and join us for this Mindfulness Program on January 12th: Register here: **https://go.osu.edu/4HMindfulWellness**
  Looking for more? Check here to find our Mindfulness Tip Sheet!
- **Visit Our 4-H Healthy Living Blog** throughout the month for news, activities, and maybe even some healthy challenges! https://u.osu.edu/4hjournal/
- **Turn an Automatic Process into an Intentional Moment** - Take time to meditate today! https://www.mindful.org/how-to-meditate/
- **Exercise to De-stress** - Check out Harvard Health's suggestions for reducing daily stress! https://www.health.harvard.edu/staying-healthy/exercising-to-relax
- **Checked Your Wellness Lately?** - Check out these Tip Sheets for a healthy wellness check this month! **Looking for more? Check here to find our *Wellness Tip Sheets!***
- **LOL for Health!** - See what Stanford Medicine has to say about the health benefits of laughter! https://scopeblog.stanford.edu/2015/04/09/seven-ways-laughter-can-improve-your-well-being/
  Looking for more? Check here to find our *'Find your' Fun Tip Sheets!*
- **Get a Little Social!** - Group up with friends or family to take a virtual tour! https://naturalhistory.si.edu/visit/virtual-tour
- **Winter Nature Hunt** - Take a walk with a nice cup of cocoa, and maybe capture an amazing photo. Get outside and behold nature: http://blog.susanevans.org/winter-nature-hike-scavenger-hunt/
- **4-H Mental Health Month Resources** - Looking for more fun, healthy ideas? Click here to to stay up-to-date on January's special offerings: http://go.osu.edu/mentalhealthmonth

Created by Tyler Kessler, 4-H Educator, for January Mental Health Month, 01/2021

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.