**List one way to talk to someone about mental health - hint the answer can be found under Week Two under Thriving Thursday.**

Answer Here:

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**What other campaign topics would you like to see in the future?**

Answer Here:

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**What is one way you could increase your socialization this winter?**

Answer Here:

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**Identify one of your strengths?**

Answer Here:

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**Go to the** [**Bounce Back Project Website**](https://www.bouncebackproject.org/)**and click on the Stay at Home Resource and identify one thing you could do while staying home.**

Answer Here:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Go to the** [**Substance Use Prevention Coalition Website**](https://www.sherburnesupcoalition.org/) **and find one fact on marijauna use**

Answer Here:

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**Share your favorite self-care activity on one of the Physical Friday resources**

Answer Here:

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**What number would you text for 24/7 crisis support – hint the answer can be found on** [**https://www.crisistextline.org/**](https://www.crisistextline.org/)

Answer Here:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Go to** [**this link**](https://www.ornish.com/zine/increase-social-connection/) **on social connection and tell us one thing you learned from this article.**

Answer Here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tell us one sign or symptom of Seasonal Affective Disorder found on** [**this video**](https://www.youtube.com/watch?v=LHLg3EIH1xY)

Answer Here:

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# Do a random act of kindness or send a friend/colleague/family member a gratitude note

Answer Here:

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**Like the STIR Facebook page at** [**https://www.facebook.com/STIRMN/**](https://www.facebook.com/STIRMN/)

Answer Here:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_