



THRIVE BEHAVIORAL HEALTH
MEETING PEOPLE WHERE THEY ARE

Thriving Families

During this challenging time, the Thrive team has decided to compile useful resources, tips and activities into a weekly newsletter for Thrive families. Most of these tips and activities are geared to children ages 4–12. We hope this brings you a simple and enjoyable way to stay connected to your family.

Meaningful May 2021

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a hand-written note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Happy Cinco de Mayo!

What is Cinco de Mayo?

Did you know that Cinco de Mayo is actually more popular in the United States than it is in Mexico? Learn more about Cinco de Mayo and why it's celebrated through these links:

National Geographic for Kids: <https://kids.nationalgeographic.com/history/article/cinco-de-mayo>



What is Cinco De Mayo? (YouTube Video): <https://www.youtube.com/watch?v=FaRf4DpHxgY>

Guacamole

Here is a short and simple, yet very delicious recipe to make for Cinco de Mayo!

Ingredients :

- 3 Avocados - peeled, pitted, and mashed
- 1 Lime, juiced
- 1 Teaspoon salt
- ½ Cup diced onion
- 3 Tablespoons chopped fresh cilantro
- 2 Roma (plum) tomatoes, diced
- 1 Teaspoon minced garlic
- 1 Pinch ground cayenne pepper (Optional)



Instructions :

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Books to Celebrate Cinco de Mayo

- *Celebrate! It's Cinco de Mayo!* by Janice Levy
- *Marco's Cinco de Mayo* by Lisa Bullard
- *Max Celebrates Cinco de Mayo* by Adria F. Worsham
- *Cinco De Mouse-O!* by Judy Cox



Happy Mother's Day!

Self Care for Moms

- **Get Physical.** Get your blood pumping by taking a walk, stretching or doing yoga, taking a bike ride, or finding a fun cardio to get your body moving.
- **Boost your brain.** Write in your journal, draw or color, read a good book, do a puzzle, or meditate.
- **Pamper yourself.** Take a hot bubble bath, take a nap, give yourself a facial, or buy yourself some flowers.
- **Schedule some time with your friends.** Have a lunch date with your best ladies, go window shopping, or join a book club.
- **Try something new.** Some ideas for new activities we like are going go-cart racing, visiting a landmark you've never seen, geocaching, indoor rock climbing, or writing a memoir.
- **Spend some time improving your skills in something that you love.** Whatever you're into, make some time to develop your skills. Do you love to cook, paint, play a musical instrument or a sport? Whatever it is, some dedicated time for that activity is important.
- **Laugh!** Sing and dance to your favorite music, host a game night, or watch a comedy show or movie. Just let loose!
- **Prepare to unwind.** Make sure you have some of your favorite healthy snacks and teas on hand to unwind and stock up on basic self-care items, such as nail polish, a comfy blanket, essential oils and bath products.



Honor Yourself this Mother's Day

Maybe you're a single mom and your kids are just too young to understand the significance of this day or maybe you've made your wishes known and feel ignored. Whatever your situation, you are a mama who totally deserves to be honored this Mother's Day! Here are some ways to honor yourself on this day:

1. Write a message to yourself. Buy a card or use a blank sheet of paper to write yourself a note about all of the amazing things you've done as a mother. This is a feel good exercise, but bonus: next time your kids complain about you, pull it out to remind yourself of how wonderful you are!
2. Love other mothers! Whether you spend time celebrating other's moms in your life (friends and family), or choose to donate your money or time to a charity, it sure feels good to celebrate other moms. Let them know how much they are loved and appreciated with cards, small gifts, or just your time. Moms Rising and Other Moms Count are some great charity options to look into if you opt to go that route.
3. Make your favorite meal or order carryout. If your kids are old enough to help in the kitchen, have them aide you in making your favorite meal. Don't feel like cooking? Opt for carryout from your favorite joint.
4. Make sure to carve out sometime for you and try out some of the self-care activities from our "Self-Care for Moms" list.
5. Reflect on your years as a mother. Flip through photo albums or just mentally play the years through your head like a movie. Take the time to recognize all that you have endured and accomplished throughout your motherhood.

6 Ideas to Practice this Mother's Day

1. **Stop Judging** – Stop judging yourself, your mom, other mothers in your life. Don't compare your journey in motherhood with others or with glorified images of moms that you've seen on TV or on social media.
2. **Keep it Simple** – As mothers, we tend to juggle more than should be humanly possible some days. Stop! Stop trying to be a rockstar and prioritize what is important. Let go of the tasks that are less significant and stop trying to please everyone.
3. **Get Creative** – Get creative and do something new and fun with your kids today. This too can be simple. Create an art project together, write a story, make a song, or prepare a meal. Whatever you do, just make sure you do it together!
4. **Be Present** – Often moms sit with worry and anxious. On this day, just try to be present and available to those around you, your children, your spouse, your extended family, yourself, whoever you spend this day with. Focus on the present time and try not to dwell on the past or agonize over what the future may hold.
5. **Connect with Nature**—Spend some time with MOTHER earth by having a picnic outside, taking a walk, or gardening. Disconnect from devices and reconnect with nature.
6. **Be Nurturing** – Mothers tend to be nurturing, right? But on this day nurture yourself. When you are able to take care of and be kind to yourself, you will find that you are able to be kinder to those you encounter throughout the day, including your children.



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