

TIME  
MANAGEMENT



RELAX  
WITH A HOBBY

MEDITATE



# LITTLE THINGS FOR MENTAL HEALTH



POSITIVE  
THINKING

TRAVEL



LAUGH



EXERCISE



MUSIC  
THERAPY



Student Health  
Services

Wednesday, January 10, 2024 | 11 a.m.-1 p.m.  
Library Entrance Sidewalk

Join us for **FIVE MENTAL HEALTH ACTIVITIES** to help cope  
and tend to our well-being. Learn about **SUICIDE PREVENTION**

## MENTAL HEALTH STATIONS

### GRATITUDE STATION

Participate in our Gratitude Wall

### MINDFULNESS STATION

Have a Mindful snack and tune into your body

### CELEBRATION STATION

Come and Celebrate your accomplishments  
and be Celebrated for all your wins!

### SAFETY PLAN STATION

Learn about Suicide Prevention and the 988 hot  
line

### HONESTY STATION

Check in with yourself Mentally and Emotionally

For questions, please contact Angela Williams at [angwilliams@cerritos.edu](mailto:angwilliams@cerritos.edu)

If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully in these events, please contact [accommodationsrequest@cerritos.edu](mailto:accommodationsrequest@cerritos.edu) within seven school days in advance.