



# 4-HUNT (4-H)EALTH

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

## 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 stay up-to-date on January's special offerings: <http://go.osu.edu/mentalhealthmonth>

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**THE OHIO STATE UNIVERSITY**  
COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



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