




May 2022

CBIZ

Self-Care Inspiration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MAY DAY</p> <p>Surprise someone with a May Basket</p> <p>01</p>	<p>NATIONAL MELANOMA DAY</p> <p>Schedule your Skin Cancer Screening</p> <p>02</p>	<p>MENTAL HEALTH AWARENESS MONTH</p> <p>What's in your toolkit?</p> <p>03</p>	 <p>May the Fourth be with you!</p> <p>04</p>	<p>CINCO DE MAYO</p> <p>10 Fun Cinco de Mayo Facts</p> <p>05</p>	<p>Send a creative "thank you" to a teacher in your life</p>  <p>06</p>	<p>Visit a yard sale</p>  <p>07</p>
<p>Practice going with the flow</p> <p>08</p>	<p>Try a breathing technique to conquer stress</p> <p>09</p>	<p>Work while you walk</p>  <p>10</p>	<p>Make up a Summer Bucket List</p>  <p>11</p>	<p>Prevent back pain with good posture</p> <p>12</p>	<p>Visit your favorite coffee shop</p>  <p>13</p>	<p>Relax your body & mind with yoga, tai chi or meditation</p> <p>14</p>
<p>NATIONAL FAMILY DAY</p> <p>Call or visit with a family member - NO texting!</p> <p>15</p>	<p>Share photos of 3 things you find meaningful or memorable</p> <p>16</p>	<p>Cook something that is out of your culinary comfort zone using ingredients on hand</p> <p>17</p>	<p>Spend some quality playtime with your pet or shelter animal</p> <p>18</p>	<p>Listen to a meditation before bedtime</p>  <p>19</p>	<p>NATIONAL BIKE TO WORK/SCHOOL DAY</p> <p>Tips for your first bike commute</p> <p>20</p>	<p>Find a Bicycle Friendly community near you</p> <p>21</p>
 <p>Explore what produce is in season right now</p> <p>22</p>	<p>Take a step towards an important goal, however small</p> <p>23</p>	<p>Ease eye strain by sitting at arm's length from the computer screen</p>  <p>24</p>	<p>Listen to a favorite piece of music and remember what it means to you</p> <p>25</p>	<p>Prepare your lunch for tomorrow using these ideas</p>  <p>26</p>	 <p>Practice Sun Safety everyday!</p> <p>27</p>	<p>Get caught reading at least 25 pages of your book today</p> <p>28</p>
<p>Schedule meetings & projects during your most productive times of the day</p> <p>29</p>	<p>MEMORIAL DAY</p>  <p>REMEMBER AND HONOR</p> <p>30</p>	<p>Focus on how your actions make a difference for others</p> <p>31</p>		<p>Click on the links for the resources to get started</p>	<p>For more inspiration, check out our Wellbeing Insights e-magazine</p>	