

→ WHERE TO START ←

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Create a “calm space” in your home. This spot might include your favorite chair, some pictures you hang on the wall that make you feel calm, and things that help you relax, like a candle or your favorite book.	2 Send a thank you note — not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.	3 Work on your strengths. Do something you’re good at to build self-confidence, then tackle a tougher task.	4 Take 30 minutes to go for a walk in nature. Research shows that being in nature can increase energy levels, reduce depression, and boost well-being.
5 Being mindful isn’t just about meditation exercises. It’s also about being aware of how your mind and body are feeling. Take a mental health test at mhascreening.org . It’s free, anonymous, and confidential.	6 Close your eyes and visualize a peaceful place or scenario for 10–15 minutes.	7 Sleep can often be the first thing we sacrifice to make sure all of our daily demands are taken care of. Prioritize sleep by setting a bedtime and turning off lights and devices at least an hour beforehand.	8 Find a small act of kindness to do for someone else, such as giving a compliment or offering a helping hand.	9 Practice forgiveness. People who forgive have better mental health and report being more satisfied with their lives.	10 Listen to some music to either match or lift your mood.	11 Human-animal interaction has benefits for stress, depression, post-traumatic stress, and managing mental health in general. Spend some time with a furry friend.
12 Try prepping your lunches or picking out your clothes for the work week ahead of time. You’ll save some time in the mornings and have a sense of control about the week ahead.	13 Try progressive muscle relaxation: Tense and relax each muscle group from head to toe for 15–20 minutes.	14 Make some time today to get to know your co-workers. This might mean going out to lunch, getting coffee together, or chatting for a few minutes between tasks or meetings.	15 Make a list of five things you’re grateful for today.	16 Even mild dehydration can cause fatigue, difficulty concentrating, and mood changes. Do your best to drink 64 ounces of water today.	17 Try to find the silver lining in something kind of cruddy that happened recently. Use MHA’s “Looking for Good” worksheet if you’re not sure where to start.	18 Leave your smartphone at home for a day and disconnect from emails, notifications, and other interruptions. Spend time doing something fun with someone face to face.
19 Hobbies allow us to relax and sort of “zone out” and can also be a great coping skill. Take some time today to do a hobby you enjoy — or try a new one if you don’t have a go-to hobby.	20 Say hello or simply wave to a stranger you cross paths with today. Even short interactions with people we don’t know can have many health benefits and make us feel more connected.	21 Try a breathing exercise. Inhale deeply for four seconds, hold for four seconds, exhale for four seconds. Repeat for five minutes.	22 Has something been bothering you? Writing about upsetting experiences can reduce symptoms of depression. Try MHA’s “Dealing With Frustration and Anger” worksheet if you’re not sure where to start.	23 The solution to loneliness isn’t always new connections. Reach out to someone you haven’t talked to in awhile and nurture that previous connection.	24 Find time to watch a funny online video, movie, or hang out with someone who makes you laugh.	25 Do something with friends and family — have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6–7 hours with friends and family.
26 Declutter your home by donating old clothes, toys, books, etc. Creating a clearer space can help your mind feel clearer as well, and donating items can help you feel more connected to your community.	27 Practice positive affirmations by looking in the mirror and repeating kind or inspiring statements to yourself.	28 Start a conversation about mental health. It could be online or in person — conversations help reduce stigma.	29 Challenge yourself to not spend any money today. It may take some advance planning, but can give you a sense of control over your budget and help build confidence for reducing financial stress.	30 Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Use the pages in our toolkit or check out hundreds of free coloring pages on the Happy Color app.	31 Count on a piece of paper how many times you check your phone today. This can help develop mindfulness around screen time and help you identify boundaries to put in place for tech use.	 Mental Health America mhanational.org/may