

# 2025

# May Mindful Moments



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Step outside and take 5 deep breaths	2 Reach out to a friend to tell them you are thinking of them.	3 Take a break from your phone or computer
4 Listen to a guided breathing exercise	5 Smile at a stranger	6 Watch a funny video or show	7 Take a stretch break	8 Write 5 things you are thankful for	9 Give someone a compliment	10 Take a walk
11 Eat a favorite food	12 Close your eyes and take 3 long deep breaths in and out	13 Do something you enjoy	14 Tidy up your workspace	15 Drink 8 oz of water, first thing in the morning	16 Go outside and look up at the blue sky. Breathe in the fresh air	17 Call or visit with a friend
18 Listen to a meditation for World Meditation Day	19 Read a book for 10 minutes	20 Put your phone away an hour before bed	21 Select something you'd like to learn and make a plan to learn it	22 Spend time doing something you enjoy	23 Enjoy a cup of coffee or tea	24 Eat your favorite fruit or vegetable
25 Listen to a favorite song	26 Wear your favorite color	27 Notice the spring flowers	28 Take 2 minutes and tune into your senses	29 Perform a random act of kindness	30 Take a walk	31 Step outside and look up at the evening stars

Small daily actions can increase our mental well-being and resilience to stress. Try these activities and check in with how you feel. Feel free to switch activities or repeat your favorite ones.

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