

# Mental Health Awareness Month

# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cook a healthy and delicious meal	2 Declutter and organize one space at home	3 Enjoy some quiet time and "unplug"
4 Spend time outdoors today	5 Make a list of things you are grateful for	6 Make time for laughter-- watch a funny movie or show	7 Pick up the phone and call a friend to connect	8 Set boundaries with yourself and others	9 Send a text to a friend to just say hello	10 Do something to pamper yourself
11 Allow yourself time to rest and reset today	12 Take 10 deep breaths & notice how you feel	13 Give yourself permission to say "no"	14 Start your morning with hot tea or coffee	15 Spend a few minutes journaling	16 Dress in your favorite outfit today	17 Have a no plans day & notice how that feels
18 Treat yourself to something special	19 Listen to your favorite song and remember it's meaning	20 Scan your body and mind-- notice how you feel	21 Get out into nature--notice everything around you	22 Speak kindly to yourself--like you do others	23 Sit still for 5 minutes and just breathe	24 Spend a few minutes doing something artistic
25 Do an act of kindness for someone	26 Write down your goals for the week	27 Find time for a little self-care	28 Think about one of your strengths and use it today	29 Think about a way you have helped others in the past	30 Catch up on sleep if your body needs it	31 Be gentle with yourself

