



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

MAY 2025 • ISSUE 6 • VOLUME 10

MENTAL
HEALTH
-IS A-
PRIORITY

Mental Health Awareness

LAUNDRY CAN WAIT

YOUR NEWSFEED CAN WAIT

EMAILS CAN WAIT

DISHES CAN WAIT

**MENTAL HEALTH
CAN'T WAIT**

SCAN TO GET STARTED



mhanational.org/may



TURN
AWARENESS
INTO
ACTION

May is mental health awareness month so now is the time to take action for your own mental health! Mental health can't wait. Taking action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.

Our physical health is linked
to our mental health.

Find some time to move your
body today in whatever way
feels right for you.

SMARTPHONE APPS

- [Calm](#)
- [Personal Zen](#)
- [Happify](#)
- [Pacifica](#)
- [SuperBetter](#)
- [Breathe2Relax](#)
- [How We Feel](#)

APP

RESOURCES

[10 Journal Prompts to Spark Self-Reflection](#)
[Burnout: Do you need a break?](#)
[Building Boundaries Worksheet](#)
[May Wellness Tips Calendar](#)
[Coloring Page](#)
[How can I improve my mental health on my own?](#)
[MVUSD Resource Links](#)

Create a “calm space” in your home.

Include things that help you relax, like
your favorite blanket or book.

Use this space whenever you
need time to yourself.