

# MAY IS MENTAL HEALTH AWARENESS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Start the month off by saying these words: "I Am Enough."	2 Give someone a compliment. Try not to make it about their appearance.	3 Unplug for just one hour.	4 Check-in on a friend.	5 Forgive yourself.	6 Sleep in.
7 Spend as much time as possible outdoors today.	8 Do a random act of kindness for a stranger.	9 Write down 3 things you are grateful for today.	10 Order dinner from your favorite restaurant.	11 Spend some quiet time alone. Color, read a book, meditate.	12 Stretch for 5 minutes to relieve stress and tension.	13 Do something today you really enjoy.
14 Try something new. Paint, yoga, journal or cook a new recipe.	15 Sing your favorite song out loud.	16 Try a 5 minute meditation or simply sit quietly and breathe in and out.	17 Apologize to a friend you may have hurt.	18 Watch your favorite TV show or movie.	19 Negative thoughts? Write them down and then write down one good thing for each negative.	20 Have housework? Turn up the tunes and dance it out.
21 Do something fun and active. Dance, bowling, biking, walking.	22 Journal for just 10 minutes.	23 Smile at someone who could use your kindness.	24 Listen to your favorite podcast.	25 Drink lots of water to stay hydrated.	26 Ask a friend to dinner.	27 Give back to your community or volunteer.
28 Move your body for 30 minutes today.	29 Look at yourself in the mirror and say, "I am amazing."	30 Call a friend and let them know you love them.	31 Take a shower or bath, lie down and reflect on your day.			

Jot down kind notes to yourself.

TAKE CARE OF YOU.