

# Mental Health Awareness Month

**MAY 2020**

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|---|---|--|--|---|---|
|   |   |   |  |  | <p><b>1</b></p> <p>Write down or draw 5 kind things that you hope to do for yourself this month</p>                           | <p><b>2</b></p> <p>Set a timer for 1 hour and take a "screen-free" break</p>  |
| <p><b>3</b></p> <p>Spend some time outside</p>  | <p><b>4</b></p> <p>Put on your favorite music and have a mini-dance party with yourself</p>                               | <p><b>5</b></p> <p>Write down or draw 5 qualities you like about yourself</p>                   | <p><b>6</b></p> <p>Set an intention to drink 8 glasses of water today</p>                                    | <p><b>7</b></p> <p>Video-chat with a friend</p>  | <p><b>8</b></p> <p>Reach out to someone you haven't spoken to in a while just to say 'hi'</p>                                 | <p><b>9</b></p> <p>Visit the website of a mental health organization to learn more about them</p>   |
| <p><b>10</b></p> <p>Organize something in your home – a drawer, a room, a closet, etc.</p>  | <p><b>11</b></p> <p>Write a letter to yourself &amp; share how you feel in this moment. Put it away to open in a year</p> | <p><b>12</b></p> <p>Go outside &amp; appreciate nature. What do you see around you?</p>         | <p><b>13</b></p> <p>Listen to a positive or uplifting song</p>   | <p><b>14</b></p> <p>Look at an old photo album and reflect on ways in which you've grown in life</p>                     | <p><b>15</b></p> <p>Do a guided meditation</p>  | <p><b>16</b></p> <p>Take a relaxing shower or bath, or do some aromatherapy</p>   |
| <p><b>17</b></p> <p>Take 10 deep breaths</p>  | <p><b>18</b></p> <p>Watch a funny video or movie</p>  | <p><b>19</b></p> <p>Print out a coloring page or open a coloring book and color</p>             | <p><b>20</b></p> <p>Make yourself a nourishing meal or snack</p>   | <p><b>21</b></p> <p>Set a timer for 30 minutes and do something active</p>   | <p><b>22</b></p> <p>Send an email, text, or video to someone and share with them something that you appreciate about them</p> | <p><b>23</b></p> <p>Perform a random act of kindness</p>  |
| <p><b>24</b></p> <p>Write a card or letter to someone in your life</p> <hr/> <p>Take a picture of something that you are grateful for and share it</p> <p><b>31</b></p> | <p><b>25</b></p> <p>Clean out your closet and identify a charity to donate unwanted clothes to</p>                        | <p><b>26</b></p> <p>Connect with your body! Do a virtual yoga class or stretching exercises</p> | <p><b>27</b></p> <p>Try some aromatherapy – light a candle, smell fresh flowers, plug in an oil diffuser</p> | <p><b>28</b></p> <p>Make a list of 5 things that you are thankful for &amp; look back on it when you're feeling down</p> | <p><b>29</b></p> <p>Take a mindful tour of your home or neighborhood. Find 3 things you are grateful for</p>                  | <p><b>30</b></p> <p>Get dressed! Even if you're still practicing physical distancing, spend time getting ready like you would otherwise</p> |

WEEK ONE

# Understanding the Issue

**May 1 – 9**

If you'd like, use the circles to the left to mark which activities you've completed. Do one every day, or do what you can. Even doing just one or two is a great step towards your mental health!



FRIDAY, MAY 1

Write down or draw 5 kind things that you hope to do for yourself this month



SATURDAY, MAY 2

Set a timer for 1 hour and take a "screen-free" break



SUNDAY, MAY 3

Spend some time outside



MONDAY, MAY 4

Put on your favorite music and have a mini-dance party with yourself



TUESDAY, MAY 5

Write down or draw 5 qualities you like about yourself



WEDNESDAY, MAY 6

Set an intention to drink 8 glasses of water today



THURSDAY, MAY 7

Video-chat with a friend



FRIDAY, MAY 8

Reach out to someone you haven't spoken to in a while just to say 'hi'



SATURDAY, MAY 9

Visit the website of a mental health organization to learn more about them

WEEK TWO

# Discovering Mental Health Challenges

**May 10 – 16**

*If you'd like, use the circles to the left to mark which activities you've completed. Do one every day, or do what you can. Even doing just one or two is a great step towards your mental health!*

**SUNDAY, MAY 10**

Organize something in your home – a drawer, a room, a closet, etc.

**MONDAY, MAY 11**

Write a letter to yourself and share how you feel in this moment. Put it away to open in a year

**TUESDAY, MAY 12**

Step outside & appreciate nature. What do you see around you?

**WEDNESDAY, MAY 13**

Listen to a positive or uplifting song

**THURSDAY, MAY 14**

Look at an old photo album and reflect on ways in which you've grown in life

**FRIDAY, MAY 15**

Do a guided meditation

**SATURDAY, MAY 16**

Take a relaxing shower or bath, or do some aromatherapy

WEEK THREE

# Importance of Self Support

**May 17 - 23**

*If you'd like, use the circles to the left to mark which activities you've completed. Do one every day, or do what you can. Even doing just one or two is a great step towards your mental health!*

**SUNDAY, MAY 17**

Take 10 deep breaths

**MONDAY, MAY 18**

Watch a funny video or movie

**TUESDAY, MAY 19**

Print out a coloring page or open a coloring book and color

**WEDNESDAY, MAY 20**

Make yourself a nourishing meal or snack

**THURSDAY, MAY 21**

Set a timer for 30 minutes and do something active

**FRIDAY, MAY 22**

Send an email, text, or video to someone and share with them something that you appreciate about them

**SATURDAY, MAY 23**

Perform a random act of kindness

WEEK FOUR

# Seeking & Offering Support

**May 24 – 31**

*If you'd like, use the circles to the left to mark which activities you've completed. Do one every day, or do what you can. Even doing just one or two is a great step towards your mental health!*

**SUNDAY, MAY 24**

Write a card or letter to someone in your life

**MONDAY, MAY 25**

Clean out your closet and identify a charity to donate unwanted clothes to

**TUESDAY, MAY 26**

Connect with your body! Do a virtual yoga class or stretching exercises

**WEDNESDAY, MAY 27**

Try some aromatherapy – light a candle, smell fresh flowers, plug in an oil diffuser

**THURSDAY, MAY 28**

Make a list of 5 things that you are thankful for – and look back on it when you're feeling down

**FRIDAY, MAY 29**

Take a mindful tour of your home or neighborhood. Find 3 things you are grateful for

**SATURDAY, MAY 30**

Get dressed! Even if you're still practicing physical distancing, spend time getting ready like you would otherwise

**SUNDAY, MAY 31**

Take a picture of something that you are grateful for and share it