## Mental Health Awareness Month
**MAY 2020**

### SUNDAY
- **3** Spend some time outside

### MONDAY
- **4** Put on your favorite music and have a mini-dance party with yourself

### TUESDAY
- **5** Write down or draw 5 qualities you like about yourself

### WEDNESDAY
- **6** Set an intention to drink 8 glasses of water today

### THURSDAY
- **7** Video-chat with a friend

### FRIDAY
- **1** Write down or draw 5 kind things that you hope to do for yourself this month
- **2** Set a timer for 1 hour and take a "screen-free" break

### SATURDAY
- **9** Visit the website of a mental health organization to learn more about them

### SUNDAY
- **10** Organize something in your home – a drawer, a room, a closet, etc.

### MONDAY
- **11** Write a letter to yourself & share how you feel in this moment. Put it away to open in a year

### TUESDAY
- **12** Go outside & appreciate nature. What do you see around you?

### WEDNESDAY
- **13** Listen to a positive or uplifting song

### THURSDAY
- **14** Look at an old photo album and reflect on ways in which you’ve grown in life

### FRIDAY
- **15** Do a guided meditation

### SATURDAY
- **16** Take a relaxing shower or bath, or do some aromatherapy

### SUNDAY
- **17** Take 10 deep breaths

### MONDAY
- **18** Watch a funny video or movie

### TUESDAY
- **19** Print out a coloring page or open a coloring book and color

### WEDNESDAY
- **20** Make yourself a nourishing meal or snack

### THURSDAY
- **21** Set a timer for 30 minutes and do something active

### FRIDAY
- **22** Send an email, text, or video to someone and share with them something that you appreciate about them

### SATURDAY
- **23** Perform a random act of kindness

### SUNDAY
- **24** Write a card or letter to someone in your life

### MONDAY
- **25** Clean out your closet and identify a charity to donate unwanted clothes to

### TUESDAY
- **26** Connect with your body! Do a virtual yoga class or stretching exercises

### WEDNESDAY
- **27** Try some aromatherapy – light a candle, smell fresh flowers, plug in an oil diffuser

### THURSDAY
- **28** Make a list of 5 things that you are thankful for & look back on it when you’re feeling down

### FRIDAY
- **29** Take a mindful tour of your home or neighborhood. Find 3 things you are grateful for

### SATURDAY
- **30** Get dressed! Even if you’re still practicing physical distancing, spend time getting ready like you would otherwise
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
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.
### 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!

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUNDAY, MAY 17</strong></td>
<td>Take 10 deep breaths</td>
</tr>
<tr>
<td><strong>MONDAY, MAY 18</strong></td>
<td>Watch a funny video or movie</td>
</tr>
<tr>
<td><strong>TUESDAY, MAY 19</strong></td>
<td>Print out a coloring page or open a coloring book and color</td>
</tr>
<tr>
<td><strong>WEDNESDAY, MAY 20</strong></td>
<td>Make yourself a nourishing meal or snack</td>
</tr>
<tr>
<td><strong>THURSDAY, MAY 21</strong></td>
<td>Set a timer for 30 minutes and do something active</td>
</tr>
<tr>
<td><strong>FRIDAY, MAY 22</strong></td>
<td>Send an email, text, or video to someone and share with them something that you appreciate about them</td>
</tr>
<tr>
<td><strong>SATURDAY, MAY 23</strong></td>
<td>Perform a random act of kindness</td>
</tr>
</tbody>
</table>
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