# MENTAL HEALTH AWARENESS MONTH

## 2024 — MAY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| **Resources**<br>• Call or text 988 if you or someone you know is struggling or in crisis. Help is available!<br>• Day 4: https://bit.ly/3xBLxDM<br>• Day 18: https://bit.ly/3L5hsRv<br>• Day 21: https://bit.ly/49AaLQv | | | **1** May is Mental Health Awareness Month! Visit mhanational.org/may today for resources and set a goal to use this calendar every day this month. | **2** Go for a 30-minute nature walk today. Spending time in nature can increase energy levels, reduce depression, and boost well-being! | **3** Reach out to someone who makes you smile. Loneliness can take a toll on your mental health and it's important to find meaningful ways to connect with others. | **4** Just breathe! Visit the "Day 4" link under "Resources" today to learn different breathing techniques to help you destress. |
| **5** Feeling stressed or overwhelmed today? Try to process your feelings by drawing, writing a letter, or making a gratitude list. | **6** Enjoy a "calm space" somewhere in your home today. For example, you could light a candle, sit in your favorite chair, and read a good book. | **7** Get a good night's sleep tonight to help your mind reset! Aim for 7–8 hours of quality sleep this evening. | **8** Make a list of your strengths today! Focus on how great you are to help increase self-confidence. | **9** Take some time to blast your favorite song or fun music to match or lift your mood today! Bonus if you dance along! | **10** Have a "mindful meal" today! Try including leafy greens, fatty fish, or walnuts in your meal to help improve your mood and overall mental health. | **11** Do something you enjoy or discover a new hobby today! Focusing on an activity that makes you happy is a great coping skill. |
| **12** Get active today! Dancing, running, biking, or playing a sport are great ways to get moving. | **13** Take a moment to practice gratitude today. List 5 things you're grateful for before going to sleep tonight. | **14** Have a healthy snack ready in case hunger strikes today. This will provide you with energy to stay focused throughout the day. | **15** Start a new book or podcast today. This can help relieve stress and tension by serving as a temporary distraction. | **16** Green is the official color for mental health awareness. Wear green today to advocate for and support mental health! | **17** Try some stretches today and feel the tension leaving your body. Just like exercise can reduce stress, so can stretching. | **18** Start your day with guided meditation to increase mental health benefits. Check out the "Day 18" 5-minute video under "Resources" to get started today. |
| **19** Compliment or send a "thank you" note to a family member, friend, or coworker today. | **20** Take a moment to check in on yourself today. Be sure to make time to unwind and practice self-care! | **21** Try progressive muscle relaxation today! Check out the "Day 21" short video under "Resources" and enjoy the feeling of stress leaving your body. | **22** Stay hydrated! Drink 64 oz. of water today to help decrease your risk of developing depression or anxiety. | **23** Choose a room in your home to declutter today. Bonus if you can donate some items! This can help you clear your mind and feel more connected to your community. | **24** Get a "checkup from the neck up" today with a mental health screening at mhascreening.org. | **25** Mark your calendars! The Get Outdoors (GO) program begins June 1! Read, hike, and win prizes! For more information, contact your local library. |
| **26** Take time to laugh today! Laughter is truly the best medicine. Watch a funny online video, movie, or spend time with someone who makes you laugh. | **27** Volunteer your time, give someone a compliment, or perform an act of kindness today. This helps increase the release of oxytocin – the "feel good" hormone. | **28** Focus on one small task or goal to accomplish today. Be sure to celebrate with someone when you meet that goal! | **29** Go to mystrength.com today. There are many great tools online to help you improve your mental health. Use the code, "COMMUNITYSERVICES" to try for free! | **30** Take a social media break or turn off your phone today. Constant interruptions can raise your stress level. | **31** Move for your mental health throughout the day today! Physical activity has an immediate positive impact on the brain, reducing stress and anxiety. | |