

MAY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

SATURDAY

MAY IS MENTAL HEALTH AWARENESS MONTH

31 activities you can do to support your mental health

1 Buy the person behind you in line a coffee	2 Slow down so someone can merge in front of you	3 Meditate	4 Help an elderly friend or neighbor with an errand	5 Hang out with friends	6 Start a gratitude journal	7 De-clutter one room in your house
8 Check-in on aging parents, grandparents, neighbors or friends	9 Exercise (walk, run, sprint, ride a bike)	10 Show someone you are thinking of them through a note or text	11 Smile at someone who looks sad	12 Take a relaxing bath or shower	13 Color	14 Cook yourself a good meal
15 Let a stranger go in front of you in line	16 Listen to music	17 Let someone else take that primo parking spot	18 Give someone your seat on a crowded bus or subway	19 Send a care package to a service member	20 Read a book	21 Clean up leaves or trash on your street or a park
22 Take a nap	23 Compliment the first three people you see today	24 Consider searching for a therapist	25 Volunteer	26 Donate flowers to a nursing home	27 Pass along a compliment to a service worker's boss	28 Plant a tree
29 Buy lemonade from a child's lemonade stand	30 Sit outside and enjoy the sunshine	31 Watch a funny movie	 <p>508-532-2255 413-505-5111 or text C2T to 741741</p>			



WE'RE HERE TO LISTEN

