

# MAY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

SATURDAY

## MAY IS MENTAL HEALTH AWARENESS MONTH

31 activities you can do to support your mental health

<b>MAY IS MENTAL HEALTH AWARENESS MONTH</b>						<b>1</b> Check-in on a friend
<b>2</b> Buy the person behind you in line a coffee	<b>3</b> Spend a day without social media	<b>4</b> Meditate	<b>5</b> Ask for help when you need it	<b>6</b> Hang out with friends	<b>7</b> Start a gratitude journal	<b>8</b> De-clutter one room in your house
<b>9</b> Check-in on aging parents, grandparents, neighbors or friends	<b>10</b> Send a positive text message to 5 different people	<b>11</b> Exercise (walk, run, sprint, ride a bike)	<b>12</b> Treat yourself with kindness	<b>13</b> Take a relaxing bath or shower	<b>14</b> Listen to music	<b>15</b> Cook yourself a good meal
<b>16</b> Let a stranger go in front of you in line	<b>17</b> Give yourself permission to cry	<b>18</b> Ease up on your commitments	<b>19</b> Watch a funny movie	<b>20</b> Try something new	<b>21</b> Indulge in your favorite snack or dessert	<b>22</b> Take an online restorative yoga class
<b>23</b> Take a nap	<b>24</b> Compliment the first three people you see today	<b>25</b> Consider searching for a therapist	<b>26</b> Share your mental health journey (if you're comfortable)	<b>27</b> Be a consistent listener	<b>28</b> Volunteer	<b>29</b> Read a book
<b>30</b> Color	<b>31</b> Sit outside and enjoy the sunshine	 <b>508-532-2255 • 413-505-5111</b> or text C2T to 741741				



WE'RE HERE TO LISTEN

