

# MAY 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## MAY IS MENTAL HEALTH AWARENESS MONTH

31 activities you can do to support your mental health

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

**DIAL 988**

**508-532-2255**

**413-505-5111**

or text C2T to 741741