



# MAY MENTAL HEALTH MONTH 2022

## SUNDAY

**1**  
Make a list of 3 things you would like to accomplish this month as individuals or as a family.

**8**  
Take a 20-minute walk outside.

**15**  
Have each family member take 4 photos of things that make them happy and share them.

**22**  
Write out 3 things you like about each family member and give it to them.

**29**  
Go to bed early. Sleep is an important component of mental wellness.

## MONDAY

**2**  
Create a family playlist with songs that make you feel good.

**9**  
Adopt a growth mindset. Change "I can't" into "I can't... yet."

**16**  
Call or Facetime with a friend or family member you haven't talked to in a while.

**23**  
Talk about what helped you to get through a difficult time in your life.

**30**  
Write down 3 things you did well or are proud of today.

## TUESDAY

**3**  
Start and end your day with 10 slow, deep breaths.

**10**  
Start a new healthy habit.

**17**  
Talk about your family's strengths.

**24**  
Draw, write or talk about things you are grateful for.

**31**  
Reach out and ask for help if you need it. [HealthyBarrington.org](http://HealthyBarrington.org) has lots of great resources.

## WEDNESDAY

**4**  
Create a family Good News Jar.

**11**  
Download a mindfulness or relaxation app and give it a try.

**18**  
Share a happy memory with someone special.

**25**  
Talk about that it's okay to not be okay and how to ask for help.

## THURSDAY

**5**  
Ask for or give someone a hug today.

**12**  
Make a list of 5 things that you love.

**19**  
Sit outside for 15 minutes and look at the clouds, listen to the birds and just breathe.

**26**  
Have a healthy snack. Pay attention to the smell, taste, and feel as you enjoy it.

## FRIDAY

**6**  
Do something kind for someone else.

**13**  
Create a Wellness Toolbox – things that lift your mood when you are down.

**20**  
Have a kitchen dance party.

**27**  
As a family, take a break to close your eyes and just breathe for 2 minutes.

## SATURDAY

**7**  
Learn and practice a new coping skill for stress and/or anxiety.

**14**  
Have a Family Movie Night.

**21**  
Unplug! Take a break from social media and devices today.

**28**  
Watch something funny, tell jokes, be silly - laugh today!

Be kind to your mind. Your mental health matters!

[www.bstrongtogether.org](http://www.bstrongtogether.org)