



MAY MENTAL HEALTH MONTH 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

2
Start and end your day with 10 slow, deep breaths.

3
Create a family Good News Jar.

4
Create a family playlist with songs that make you feel good.

5
Do something kind for someone else.

6
Learn and practice a new coping skill for stress and/or anxiety.

7
Take a 20-minute walk outside.

8
Adopt a growth mindset. Change "I can't" into "I can't... yet."

9
Start a new healthy habit.

10
Download a mindfulness or relaxation app and give it a try.

11
Make a list of 5 things that you love.

12
Create a Wellness Toolbox – things that lift your mood when you are down.

13
Have a Family Movie Night.

14
Have each family member take 4 photos of things that make them happy and share them.

15
Call or Facetime with a friend or family member you haven't talked to in a while.

16
Talk about your family's strengths.

17
Share a happy memory with someone special.

18
Sit outside for 15 minutes and look at the clouds, listen to the birds and just breathe.

19
Have a kitchen dance party.

20
Unplug! Take a break from social media and devices today.

21
Write out 3 things you like about each family member and give it to them.

22
Talk about what helped you to get through a difficult time in your life.

23
Draw, write or talk about things you are grateful for.

24
Talk about that it's okay to not be okay and how to ask for help.

25
Have a healthy snack. Pay attention to the smell, taste, and feel as you enjoy it.

26
As a family, take a break to close your eyes and just breathe for 2 minutes.

27
Watch something funny, tell jokes, be silly - laugh today!

28
Go to bed early. Sleep is an important component of mental wellness.

29
Write down 3 things you did well or are proud of today.

30
Ask for or give someone a hug today.

31
Reach out and ask for help if you need it. HealthyBarrington.org has lots of great resources.

Be kind to your mind. Your mental health matters!

www.bstrongtogether.org