



Check in on your emotional well-being this Mental Health Awareness Month

May is Mental Health Awareness Month.

It's a great time to check in with yourself. Are you struggling with an issue, problem or feeling:

- Stressed
- Anxious
- Depressed

If so, you don't have to figure it all out on your own. We're here to help 24/7.

Give us a call for in-the-moment support, resources and more. Be sure to check in on you!

There's always been a focus on keeping our bodies healthy. Now we're recognizing our mental health is just as important. According to the National Alliance on Mental Illness, millions of people in the U.S. are affected by mental illness each year.

Mental Health Awareness Activity Calendar

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Your health includes both mental and physical health. There are ways to improve your mental health and well-being.</p> <p>Take time for your mental health by participating in these daily action item activities.</p>			<p>1 Write down three things and/or people you feel grateful for today.</p>	<p>2 Write down three things that went well today.</p>	<p>3 Write down three things you can appreciate about yourself.</p>	<p>4 Notice if you're holding tension in your jaw and gently release it.</p>
<p>5 Notice if your shoulders are tight or hunched and gently lower and relax them.</p>	<p>6 Visualize a tranquil scene.</p>	<p>7 Draw a picture or color in a coloring page or mandala.</p>	<p>8 Work on a puzzle.</p>	<p>9 Listen to music and close your eyes to take in a favorite song.</p>	<p>10 Journal for three minutes, writing whatever comes to mind.</p>	<p>11 Take a deep belly breath in through your nose and exhale through your mouth.</p>
<p>12 Take a walk or stroll outside and notice your surroundings.</p>	<p>13 Try a brief guided meditation.</p>	<p>14 Savor the experience of eating mindfully and tuning in to your five senses.</p>	<p>15 Try cooking or baking with a new recipe.</p>	<p>16 Unplug for an hour. Leave your device(s) charging in another room.</p>	<p>17 Read something you enjoy for twenty minutes.</p>	<p>18 Listen to a podcast that interests you or just to learn something new.</p>
<p>19 Do something kind for someone else.</p>	<p>20 Watch a funny video or look at funny memes. Share with a friend or loved one.</p>	<p>21 Do some gentle stretching.</p>	<p>22 Set a realistic goal and outline the steps you can take to achieve it.</p>	<p>23 Take a proactive break to clear your mind and recharge.</p>	<p>24 Forgive yourself for something you've been holding on to.</p>	<p>25 Compile a list of quotes that resonate with you.</p>
<p>26 Declutter a small area of your home or office.</p>	<p>27 Light a favorite candle.</p>	<p>28 Move your body in a way that feels joyful and healthy for you.</p>	<p>29 Give yourself a hug. Wrap your arms around yourself.</p>	<p>30 Call a friend you haven't spoken to in a while.</p>	<p>31 Set an intention to live with awareness and kindness.</p>	

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