

DAILY CHECK-IN

How are you feeling today?



30 MINUTES OF EXERCISE A DAY CAN HELP YOU...

1. Reduce feelings of depression and stress.
2. Enhance your mood and overall emotional well-being.
3. Increase your energy levels.
4. Improve Sleep.



Go on a 10 minute walk.

Walk up/down stairs for 10 minutes.



Meditate for 10 minutes.

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YOUR MENTAL HEALTH IS EVERYTHING - PRIORITIZE IT. MAKE THE TIME LIKE YOUR LIFE DEPENDS ON IT, BECAUSE IT DOES.

-Mel Robbins



1 in 5 adults are affected by mental illness.
You are not alone.

TIPS FOR WELL-BEING

- Setting Boundaries
- Connecting with Nature
- Getting Enough Rest
- Cultivating Creativity
- Staying Active
- Connecting with Others
- Practicing Self-Reflection
- Finding Your Purpose

DID YOU KNOW?

Asparagus contains a B-complex vitamin known to help reduce feelings of stress and anxiety, while producing dopamine for the brain.



DAILY AFFIRMATIONS

- I am confident in myself and my ability to heal.
- I feel calm and positive.
- I deserve love and happiness.
- I am kind and patient with myself.
- I am surrounded by caring and supportive people.

MONTHLY MENTAL HEALTH GOAL: _____



May is Mental Health Awareness Month, help us end the stigma.

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NOT ALONE in this	2 Call or meetup with a close friend.	3 "My anxiety doesn't come from thinking about the future but from wanting to control it." -Hugh Prather	4 National Orange Juice Day	5 How to stop worrying: talkspace.com/blog/stop-worrying/	6
7	8 Brain with heart and flower	9 Practice mindfulness.	10 National Mental Health Awareness Week	11 IT'S OKAY to not be OKAY	12 Anxiety Disorder Test https://www.talkspace.com/assessments/anxiety-test	13
14	15 BREAK the STIGMA	16 Feeling the Blues? https://www.talkspace.com/blog/feeling-the-blues/	17 Move your body! Enjoy a walk outside!	18 Brain in a flower	19 National Bike to Work Day	20
21	22 "Be patient. Mental Health is a journey, not a destination." -Noam Spencer	23 National Asparagus Day	24 Worried Sick https://www.talkspace.com/blog/worried-sick/	25 Take a break from social media.	26 ASKING for HELP vs OK	27
28 	29 Spend some time in the sun!	30 National Smile Day	31 MENTAL health MATTERS			

TO-DO LIST

