



1 in 10 men will suffer from a form of depression or anxiety. Don't be afraid to ask for help!



I found that with depression, one of the most important things you could realize is that you're not alone. You're not the first to go through it; you're not going to be the last to go through it.

-The Rock

EXERCISE IDEAS

Feel free to adapt or modify as needed!



Squats
45 Seconds
15 Seconds Rest



Mountain Climbers
45 Seconds
15 Seconds Rest



Lunges
Right Leg - 15x
Rest
Left Leg 15x



Toe Touches
15x
15 Seconds Rest



Side Steps
45 Seconds
15 Seconds Rest



Plank Hold
1 Minute

MEN'S MENTAL HEALTH TIPS

1. Get enough sleep.
2. Stay connected socially.
3. Eat health & exercise regularly.
4. Take regular wellness breaks - unplug, do something fun, relax, destress.
5. Ask for help - in moments of need, reach out. It is not a sign of weakness.

DID YOU KNOW?

Sheep, Goat and Yak milk contain about the same amount of calcium if not more than cows milk?












MONTHLY MENTAL HEALTH GOAL: _____



June is Men's Health Awareness Month!

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				World Milk Day  ¹	National Donut Day  ²	³
⁴	THINGS ARE BETTER ⁵	Enjoy a 15 minute walk!  ⁶	TEST ⁷ www.talkspace.com/assessments/panic-disorder-test	 ⁸	Teletherapy ⁹ www.talkspace.com/blog/benefits-of-teletherapy/	¹⁰
¹¹	National Call Your Doctor Day ¹²	 ¹³	YOU ARE NOT ALONE ¹⁴	Grab a healthy snack!  ¹⁵	"Take care of ¹⁶ your body. It's the only place you have to live." Jim Rohn	¹⁷
¹⁸	 Enjoy 15 minutes of sunshine! ¹⁹	World Productivity Day ²⁰	SUMMER BEGINS! ²¹	TAKE A DEEP BREATH THREE TIMES ²²	National Hydration Day  ²³	²⁴
LEARNING DISABILITIES WEEK						
²⁵	Get out of bed ²⁶ www.talkspace.com/mental-health/conditions/articles/cant-get-out-of-bed-depression/	National PTSD Awareness Day ²⁷	Read a book for 30 minutes!  ²⁸	"Try not to become a man of success, but rather try to become a man of value." Albert Einstein ²⁹	YOU ARE STRONGER THAN YOU THINK ³⁰	

TO-DO LIST

