

Mental Health Awareness Month

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

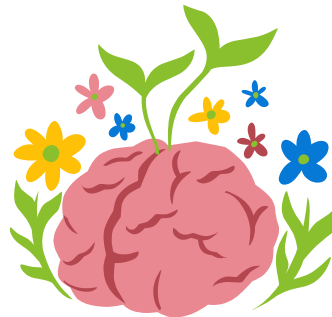


DID YOU KNOW?

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



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



National Notebook Day
(May 16th)

Today is the day to write down your thoughts, life events, or any other information that is important to you.



The spiral notebook made its debut in 1924.



You don't have to struggle in silence. You can be un-silent. You can live well with a mental health condition, as long as you open up to somebody about it.

- Demi Lovato

5 MINUTE MENTAL HEALTH CHECKLIST

- Did I drink enough?
- Am eating nutritional food?
- Have I been kind to myself & others?
- Have I stretched all my muscles?
- Did I get enough sleep?
- How am I really feeling today?

MONTHLY MENTAL HEALTH GOAL: _____



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

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 READ FOR 30 MINUTES	2  National Harry Potter Day	3 	4
5	6 RECONNECT WITH FRIENDS https://www.talkspace.com/blog/coronavirus-reconnect-family-friends-safely/	7  TAKING CARE OF YOURSELF IS ESSENTIAL	8 "There is hope, even when your brain tells you there isn't." -JOHN GREEN	9 	10 National Mental Health Awareness Week	11
12	13 National Apple Pie Day 	14 HEAL FROM ABANDONMENT https://www.talkspace.com/blog/how-to-heel-from-abandonment-issues/	15  STOP AND TAKE A FEW DEEP BREATHS	16 JOURNAL FOR 15 MINUTES	17 National Bike to School Day 	18
19	20  YOU'VE GOT WHAT IT TAKES	21 GO ON A 15 MINUTE WALK	22 	23 "You are not alone. You are seen. I am with you. You are not alone." -SHONDA RHIMES	24 INSOMNIA TEST https://www.talkspace.com/assessments/insomnia-test	25
26	27 	28 DEALING WITH A BULLY https://www.talkspace.com/blog/how-to-deal-with-a-bully/	29 MEDITATE FOR 15 MINUTES	30  BEING YOURSELF IS MORE THAN ENOUGH	31 National Smile Day 	

TO-DO LIST

