

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

5 MINUTE MENTAL HEALTH CHECKLIST

- Did I drink enough?
- Am I 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?



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



DID YOU KNOW?

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



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.










"Do not judge me by my successes; judge me by how many times I fell down and got back up again."

Nelson Mandela



MONTHLY MENTAL HEALTH GOAL: _____

MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 MEDITATE FOR 15 MINUTES	3
4 	5 NATIONAL SILENCE THE SHAME DAY	6 	7 JOURNAL FOR 15 MINUTES	8 INSOMNIA TEST https://www.talkspace.com/assessments/insomnia-test	9 "You are allowed to be both a masterpiece and a work in progress simultaneously." - Sophia Bush	10
11 Happy Mother's Day	12 DEALING WITH A BULLY https://www.talkspace.com/blog/how-to-deal-with-a-bully/	13 NATIONAL APPLE PIE DAY 	14 "You are stronger than you know." - Lori Osterman	15 GO ON A 15 MINUTE WALK	16 	17
National Mental Health Awareness Week						
18	19 "Healing takes time, and asking for help is a courageous step." - Mariska Hargitay	20 	21 NATIONAL MEDITATION DAY 	22 HEAL FROM ABANDONMENT https://www.talkspace.com/blog/how-to-heal-from-abandonment-issues/	23 READ FOR 30 MINUTES	24
25	26 MEMORIAL DAY 	27 "You are not alone. You are seen. I am with you. You are not alone." -Shonda Rhimes	28 National Hamburger Day 	29 LISTEN TO MUSIC FOR 30 MINUTES	30 NATIONAL CREATIVITY DAY 	31

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