

# MAY Mental Health Awareness Month

NATIONAL COUNCIL  
for Mental Wellbeing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Practice deep breathing	<b>2</b> Go for a nature walk 	<b>3</b> Start a gratitude journal	<b>4</b> Schedule a virtual coffee chat
<b>5</b> Create a self-care plan	<b>6</b> Meditate for 10 minutes 	<b>7</b> Start a morning routine	<b>8</b> Unplug from screens for an hour	<b>9</b> Reach out to a mental health professional	<b>10</b> Call a loved one 	<b>11</b> Start a night routine
<b>12</b> Try a new hobby 	<b>13</b> Volunteer for a cause that's important to you	<b>14</b> Cook a healthy meal 	<b>15</b> Listen to soothing music	<b>16</b> <a href="#">Join MTV's Mental Health Action Day: Dedicate one hour to connection</a>	<b>17</b> Write yourself a love letter	<b>18</b> Do something kind for someone else
<b>19</b> Reflect on your achievements	<b>20</b> Practice positive affirmations 	<b>21</b> Take a mental health day	<b>22</b> Practice forgiveness	<b>23</b> Do something creative 	<b>24</b> Take a break from news consumption	<b>25</b> Watch a funny movie or show to lift your spirits
<b>26</b> Practice setting boundaries	<b>27</b> Spend time with loved ones	<b>28</b> Talk about mental wellbeing	<b>29</b> Have a digital detox 	<b>30</b> Practice progressive muscle relaxation	<b>31</b> Set intentions for continued mental health practices	