

# Mental Health Awareness Month: daily activity calendar

How are you supporting your mental well-being? Follow this calendar of tips to keep self-care and mental health top-of-mind.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>May 1</b> Name three things you're grateful for.	<b>May 2</b> Focus on the positive of your day.	<b>May 3</b> Go for a walk.
<b>May 4</b> Write an "I did it!" list.	<b>May 5</b> Start reading a book.	<b>May 6</b> Listen to music.	<b>May 7</b> Cook a nourishing meal.	<b>May 8</b> Spend time with friends or family.	<b>May 9</b> Practice deep breathing.	<b>May 10</b> Do something creative.
<b>May 11</b> Try out a new recipe.	<b>May 12</b> Take time to laugh.	<b>May 13</b> Practice forgiveness.	<b>May 14</b> Do an exercise that brings you joy.	<b>May 15</b> Treat yourself with a sweet treat.	<b>May 16</b> Spend time with a furry friend.	<b>May 17</b> Talk to yourself with kindness.
<b>May 18</b> Practice mindfulness.	<b>May 19</b> Enjoy a meal with family or friends.	<b>May 20</b> Send a thank-you note.	<b>May 21</b> Smile at a stranger.	<b>May 22</b> Relax in a warm bath or shower.	<b>May 23</b> Drink plenty of water.	<b>May 24</b> Ask someone how they're doing.
<b>May 25</b> Do an activity you enjoy.	<b>May 26</b> Track gratitude with a journal.	<b>May 27</b> Spend time in nature.	<b>May 28</b> Enjoy 15 minutes of sunshine.	<b>May 29</b> Get a good night's sleep.	<b>May 30</b> Dance to your favorite song.	<b>May 31</b> Call a family member or friend.