

Mind Your Mind Month

May 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>It's Mental Health Awareness Month: time to "Mind Your Mind" all month— all year!</p>	<p>1 Spend some time outside today (and every day) - walk, bike, read...</p>	<p>2 Get some quality sleep tonight - it's important to mental and physical health.</p>	<p>3 What's in your Mental Health First Aid Kit? Go to our website for more information.</p>	<p>4 Share this calendar with your friends!</p>	<p>5 Take a 10-minute break out of your day and do something you enjoy.</p>	<p>6 Volunteer for a cause you believe in.</p>
<p>7 Express gratitude by telling someone (in person or in writing) that you appreciate them.</p>	<p>8 "You are never too old to set another goal or dream a new dream." - C.S. Lewis</p>	<p>9 Sign-up for a class you've always wanted to take.</p>	<p>10 Play with a furry friend.</p>	<p>11 Practice a guided meditation http://bit.ly/2ikVeuA</p>	<p>12 Listen/dance to your favorite music.</p>	<p>13 Make a reasonable "To Do" list for the day and weekend.</p>
<p>14 Write a Letter to the Editor, post or tweet about mental health.</p>	<p>15 Add walnuts, salmon or flaxseed to something you eat today.</p>	<p>16 Sing - in a choir, in the shower - to boost your mood.</p>	<p>17 Spend some time in nature - in the garden, the woods or just sitting in stillness.</p>	<p>18 Know when to get help and support and where to find it.</p>	<p>19 Enjoy a good laugh as often as possible.</p>	<p>20 Just stop and breath (guided practice) http://bit.ly/2ky42t</p>
<p>21 Add some exercise to your day/week (ideally with a friend and outside).</p>	<p>22 Learn some tips to reduce stress @ http://bit.ly/1lmfip</p>	<p>23 Make a point to smile and say hello to someone - it can make difference!</p>	<p>24 Send someone a hand written note.</p>	<p>25 Try yoga, tai chi or chi gong.</p>	<p>26 Create a Gratitude Journal to recognize what you are grateful for each day.</p>	<p>27 Offer someone you love a hug.</p>
<p>28 Do something nice for someone else (ideally without them knowing it).</p>	<p>29 Try something new or break up your routine.</p>	<p>30 Reconnect with a relative, friend or neighbor.</p>	<p>31 Look back at the month and identify 5 things you want to continue!</p>	<p>Follow us on Twitter Twitter.com/ MindYourMindUSA</p>	<p>Follow us on Facebook Facebook.com/ MindYourMindProject</p>	<p>"It always seems impossible until it is done." -Nelson Mandela</p>

For more tips and resources, visit our website at:

www.mindyourmindproject.org
because mental wellness matters



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