

Sun.

Mon.

Tue.

Wed.

Thu.

Fri.

Sat.

May 2024

Mental Health Awareness Month Activity Calendar

1

Reflect on three things you're **grateful for** today and why they bring joy to your life.

2

Practice **deep breathing** exercises for 10 minutes to calm your mind.

3

Write down one positive affirmation about yourself and **repeat it** throughout the day.

4

Share something that **made you smile** with a friend or family member.



5

Prioritize sleep and aim for at least 7-8 hours of **restful sleep** tonight.



6

Set realistic **goals** for the week ahead and celebrate your achievements—no matter how small.

7

Challenge negative self-talk by replacing it with **positive affirmations**.

8

Treat yourself to something you enjoy, whether it's a favorite meal or activity.

9

Practice **self-care** by indulging in a relaxing bath or pampering session.

10

Reach out to someone you trust and **share your feelings** with them.



11

Take a break from **social media** and spend time doing activities that nourish your soul.

12

Try a new **hobby or activity** to stimulate your mind and boost your creativity.

13

Practice forgiveness, whether it's **forgiving** yourself or someone else, to release negative emotions.

14

Spend time in **nature** and soak up the healing power of the outdoors.



15

Listen to your **favorite music** and let it uplift your mood.

16

Imagine your ideal future and **set intentions** to make it a reality.

17

Engage in acts of **kindness** by doing something nice for someone else.

18

Take a **digital detox** and spend the day unplugged from screens.

19

Start a **journal** and jot down your thoughts and feelings to help organize your mind.

20

Practice gratitude by writing a **thank-you note** to someone who has positively impacted your life.

21

Reflect on your **strengths** and how they've helped you overcome challenges in the past.

22

Surround yourself with **positive influences** by spending time with supportive friends or loved ones.

23

Practice **deep listening** by giving someone your full attention without interrupting.

24

Practice mindfulness while **eating** by savoring each bite and appreciating the flavors.

25

Challenge yourself to **step out** of your comfort zone and try something new.



26

Engage in a **physical activity** that you enjoy, whether it's yoga, dancing, or a run.

27

Write down three things you love about **yourself** and read them aloud.



28

Schedule a session with **your therapist** and be as open as you can be.

29

Do a 15-minute full-body **stretch** to release tensions, reduce stress, and ground yourself.

30

Reflect on the **progress** you've made this month and celebrate your growth.



31

Make a commitment to **prioritizing** your mental health and well-being beyond Mental Health Awareness Month.



to schedule online therapy, visit:

care.tavahealth.com