

MENTAL HEALTH AWARENESS MONTH

2023

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 May is Mental Health Awareness Month! For more resources visit mhanational.org/may and set a goal to use this calendar every day.	2 Go outside! Spending time in nature leads to positive mental health, improved focus, lower stress, and better moods.	3 Do something active today. Relieve stress by exercising and see the difference!	4 Today, just focus on your breathing. Be sure to breathe deeply through your whole belly.	5 Let yourself cry. "Positive vibes only" isn't a thing. Humans have a wide range of emotions and that's okay.	6 Rearrange your room. Reorganizing can help your productivity, goal setting, and mental health.
7 Give your body some extra love and schedule a massage. Or try self-massage! Massages are great for reducing stress.	8 Take 30 minutes to go for a walk after work to relieve some stress!	9 De-stress from a long day at work by blasting the radio and singing along to your favorite song!	10 Incorporate your favorite color into your living space. If you can't paint, use art, pillows, or blankets.	11 PA parks and forests provide many opportunities to reduce stress by exercising and reconnecting with nature.	12 Not enough time to workout? Break up your exercise into 10-minute chunks!	13 Take time to practice gratitude. Start by writing a list of 3 or more things you're grateful for.
14 Looking for FREE mental health classes? Go to wellspan.org/events and search for "mental health".	15 Start a new book today. Reading can help relieve stress and tension by serving as a temporary distraction.	16 Soak up 15 minutes of sunlight today! No sun? Use a daylight lamp or a blue light lamp when you spend all day indoors.	17 Dance like no one is watching! Play your favorite music and dance the stress away!	18 Meditation has several mental health benefits. Find a short meditation video below to get you started.	19 Are you an employer? Encourage more physical activity with your staff using tips from the link below!	20 Stop and take a moment for yourself. How are you doing? Self-care is not selfish!
21 Try some stretches today and feel the tension leaving your body. Just like exercise can reduce stress, so can stretching.	22 The only thing you can control is yourself. Give yourself some grace and don't be afraid to ask for help when you need it.	23 The Get Outdoors (GO) program begins June 1! Read, hike and win prizes! For more information, contact your local library.	24 Check in on your mental health today and get screened for free at mhascreening.org .	25 Track your physical activity! Seeing on paper what you want and what you've accomplished can boost motivation.	26 Try coloring. Coloring can help adults improve their mental health by reducing stress and increasing mindfulness.	27 Hold the door open for a stranger. Random acts of kindness increase the release of oxytocin – the "feel good" hormone.
28 Exercising at home but not sure where to start? Check out the tips in the resource section!	29 Try mystrength.com . There are many great tools online to help you improve your mental health. Use the code, "START" to try for free!	30 Turn off the notifications on your phone. Constant interruptions can raise your stress level!	31 Enjoy gardening or cleaning? 30 minutes of either activity counts towards your physical activity for the day!	Resources <ul style="list-style-type: none"> • Call or text 988 if you or someone you know is struggling or in crisis. Help is available. • Day 18: https://bit.ly/3L5hsRv • Day 19: https://bit.ly/40euQac • Day 28: https://bit.ly/3L5DmUA 		

