

May is Mental Health Awareness Month



"WE RISE step by step...one foot in front of the other, day by day, get better every single day. And then when you look back and look down, you realized the mountain you've just scaled." –Kobe Bryant-

Mental Health is for Everybody! From: Ms. Mier your PSW!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 <p>May is Mental Health Awareness Month</p>		1 Take several deep breaths.	2 Name three things you are grateful for today.
3 Try guided meditation by using an app or going on YouTube.	4 Wellness Challenge: Dance, stretch or do anything else that will get you moving.	5 Try journaling. It can help relieve stress, will allow you to reflect, boost your memory and inspire creativity.	6 Create a play list that can help you get in a happy mood.	7 Watch a comedy or video that can make you laugh. Laughter boosts the immune system and can reduce anxiety.	8 Own Your Feelings- Taking the time to really identify what you're feeling can help you to better cope with challenging situations	9 Organize/declutter your space. This can help lower stress levels, feel a sense of achievement, boost self-esteem and more.
10 Give a thank you note/card to someone.	11 Wellness Challenge: Try to get 8 hours or more of sleep each night this week. People who get enough sleep are more likely to succeed at their daily tasks.	12 Set a goal for yourself.	13 Experiment with a new recipe write a poem, paint or try a Pinterest project with your family/caregivers.	14 Get comfortable and read a good book. Reading can help relieve stress and tension.	15 Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.	16 Wear your favorite outfit.
17 Make a list of activities you enjoy. Set aside time each week to focus on yourself and what makes you happy.	18 Wellness Challenge: Drink half your body weight in ounces of water.	19 ColorTherapy.app - The Color Therapy app promotes relaxation and mindfulness through social coloring and painting.	20 Do the 7 Day Happiness Challenge from Action for Happiness	21 Bake or cook a meal with your family/caregivers.	22 Listen to TED-ED: Tips to Boost Your Confidence or a podcast.	23 Complete a random act of kindness today.
24 Call a friend today	25 Wellness Challenge: Do some coloring for about 20 minutes to help you clear your mind.	26 Spend 15 minutes at the end of the day in a quiet space to reflect on how your day went.	27 Drink tea, hot chocolate or something you enjoy.	28 Learn something new (language, skill, instrument etc..)	29 Create Healthy boundaries for yourself. This can improve your mental and physical health.	30 Write five things you love about yourself.
31 Take time to be creative (arts & crafts, painting, drawing, writing and more).						