

MAY

MENTAL HEALTH CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Start a GRATITUDE journal, write down 1 thing you are thankful for even if it is small.	2 Get distracted by a good movie and enjoy it with someone else in your life	3 Take a break from screens (TV screen, computer screen or phone screen)	4 Do a favor for a friend	5 Create a mood boosting play list	6 Do 3 acts of kindness to help another person.	7 Schedule something fun to do today or this weekend.
8 Hug your pet, partner, parent or friend	9 Go for a walk and REALLY notice the things around you... WHAT do you SEE, HEAR, SMELL, FEEL	10 Write down 3 things you like about yourself. Read it to yourself throughout the day.	11 Take time to eat a Vegetable or Fruit you like today or try a new one you have never had before.	12 Try to practice meditation. Imagine yourself in a comfortable and safe place and take deep breaths	13 Try the YMCA 360 App and Do yoga for 30 minutes	14 Go outside and take 5 deep breaths
15 Check in with a friend today to see how they are doing.	16 Write down 3 things you like about yourself. Read it to yourself throughout the day.	17 Say "Please" and "Thank You" to others to show appreciation	18 Remember the words to a quote, favorite song, or poem that makes you feel happy. Say them out loud	19 Say NO at least one time today.	20 Do an activity that makes you feel like a kid again.	21 Take time to notice 5 things you can SEE, FEEL, TASTE, SMELL, or HEAR
22 Write down 3 things you like about yourself. Read it to yourself throughout the day.	23 Listen to your favorite music, sing out loud, dance if you want to!	24 Make someone laugh today, using healthy humor to share.	25 Look in the mirror and SMILE at yourself. Do it even if you don't feel like it. Notice how this feels	26 Learn something new or do something creative	27 Ask for help one time today when you need it	28 Thank three people you're grateful to and tell them why
29 Go to bed 30 minutes earlier or get up 30 minutes later than normal for you.	30 Say thank you to a person who served in the military	31 Invite a friend to join you in a group exercise class or workout you enjoy at the YMCA	 Mental Health Awareness Month. Join us in daily self care.			