

# MENTAL HEALTH AWARENESS MONTH

## 2024

## MAY

| SUN  | MON  | TUE   | WED  | THU  | FRI   | SAT  |
|--|--|---|--|--|---|--|
| <b>Resources</b><br>Call or text 988 if you or someone you know is struggling or in crisis. Help is available.<br>- Day 4: <a href="https://bit.ly/3x8LxDT">https://bit.ly/3x8LxDT</a><br>- Day 11: <a href="https://bit.ly/3L3Jk6x">https://bit.ly/3L3Jk6x</a><br>- Day 21: <a href="https://bit.ly/3vK7R6G">https://bit.ly/3vK7R6G</a> |  |   | <b>1</b><br>May is Mental Health Awareness Month! Visit <a href="https://mentalhealth.ny.gov">https://mentalhealth.ny.gov</a> today for resources and set a goal to use this calendar every day this month.                  | <b>2</b><br>Go for a 30-minute nature walk today. Spending time in nature can increase energy levels, reduce depression, and boost well-being!                               | <b>3</b><br>Reach out to someone who makes you smile. Loneliness can take a toll on your mental health and it's important to find meaningful ways to connect with others. | <b>4</b><br>Just breathe! Visit the "Day 4" link under "Resources" today to learn different breathing techniques to help you de-stress.                              |
| <b>5</b><br>Feeling stressed or overwhelmed today? Try to process your feelings by drawing, writing a letter, or making a gratitude list.  | <b>6</b><br>Enjoy a "soak space" somewhere in your home today. For example, you could light a candle, sit in your favorite chair, and read a good book.                  | <b>7</b><br>Get a good night's sleep tonight to help your mind reset! Aim for 7-8 hours of quality sleep this evening.  | <b>8</b><br>Make a list of your strengths today! Focus on how great you are to help increase self-confidence.  | <b>9</b><br>Take some time to blast your favorite song or fun music to watch or fill your mood today! Bonus if you dance along!  | <b>10</b><br>Have a "mindful meal" today! Try including leafy greens, fatty fish, or avocados in your meal to help improve your mood and overall mental health.           | <b>11</b><br>Do something you enjoy or discover a new hobby today! Focusing on an activity that makes you happy is a great coping skill.                             |
| <b>12</b><br>Get active today! Dancing, running, biking, or playing a sport are great ways to get moving.  | <b>13</b><br>Take a moment to practice gratitude today. List 5 things you're grateful for before going to sleep tonight.   | <b>14</b><br>Have a healthy snack ready in case hunger strikes today. This will provide you with energy to stay focused throughout the day.                   | <b>15</b><br>Start a new book or podcast today. This can help relieve stress and tension by serving as a temporary distraction.  | <b>16</b><br>Green is the official color for mental health awareness. Wear green today to advocate for and support mental health!  | <b>17</b><br>Try some stretches today and feel the tension leaving your body. Just like exercise can reduce stress, so can stretching.                                    | <b>18</b><br>Start your day with guided meditation to increase mental health benefits. Check out the "Day 18" 3-minute video under "Resources" to get started today. |
| <b>19</b><br>Compliment or send a "thank you" note to a family member, friend, or coworker today.  | <b>20</b><br>Take a moment to check in on yourself today. Be sure to make time to unwind and practice self-care!   | <b>21</b><br>Try progressive muscle relaxation today! Check out the "Day 21" short video under "Resources" and enjoy the feeling of stress leaving your body. | <b>22</b><br>Stay hydrated! Drink 64 oz. of water today to help decrease your risk of developing depression or anxiety.  | <b>23</b><br>Choose a room in your home to declutter today. Bonus if you can donate some items! This can help you clear your mind and feel more connected to your community. | <b>24</b><br>Get a "checkup from the neck up" today with a mental health screening at <a href="https://bit.ly/3vK7R6G">https://bit.ly/3vK7R6G</a> .                       | <b>25</b><br>Mark your calendar! The Get Outdoors (GO) program begins June 3! Read, hike, and win prizes! For more information, contact your local library.          |
| <b>26</b><br>Take time to laugh today! Laughter is truly the best medicine. Watch a funny online video, movie, or spend time with someone who makes you laugh.   | <b>27</b><br>Volunteer your time, give someone a compliment, or perform an act of kindness today. This helps increase the release of oxytocin - the "feel good" hormone. | <b>28</b><br>Focus on one small task or goal to accomplish today. Be sure to celebrate with someone when you meet that goal!                                  | <b>29</b><br>Go to <a href="https://www.mentalhealth.ny.gov">www.mentalhealth.ny.gov</a> today. There are many great tools online to help you improve your mental health. Use the code, "COMMUNITYSERVICES" to try for free! | <b>30</b><br>Take a social media break or turn off your phone today. Constant interruptions can raise your stress level.   | <b>31</b><br>Move for your mental health throughout the day today! Physical activity has an immediate positive impact on the brain, reducing stress and anxiety.          |  |



# Mental Health Awareness 2026 Guide

**CH Cherryholmes**



## **Mental Health Awareness 2026 Guide:**

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