

# MENTAL HEALTH AWARENESS MONTH

## 2024

## MAY

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Resources</b> Call or text 988 if you or someone you know is struggling or in crisis. Help is available. - Day 4: <a href="https://bit.ly/3x8LxDT">https://bit.ly/3x8LxDT</a> - Day 11: <a href="https://bit.ly/3L3Jk6x">https://bit.ly/3L3Jk6x</a> - Day 21: <a href="https://bit.ly/3vK7R6G">https://bit.ly/3vK7R6G</a>			<b>1</b> 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> 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> 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> Just breathe! Visit the "Day 4" link under "Resources" today to learn different breathing techniques to help you de-stress.
<b>5</b> Feeling stressed or overwhelmed today? Try to process your feelings by drawing, writing a letter, or making a gratitude list.	<b>6</b> 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> 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> Make a list of your strengths today! Focus on how great you are to help increase self-confidence.	<b>9</b> Take some time to blast your favorite song or fun music to watch or fill your mind today! Bonus if you dance along!	<b>10</b> 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> 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> Get active today! Dancing, running, biking, or playing a sport are great ways to get moving.	<b>13</b> Take a moment to practice gratitude today. List 5 things you're grateful for before going to sleep tonight.	<b>14</b> 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> Start a new book or podcast today. This can help relieve stress and tension by serving as a temporary distraction.	<b>16</b> Green is the official color for mental health awareness. Wear green today to advocate for and support mental health!	<b>17</b> Try some stretches today and feel the tension leaving your body. Just like exercise can reduce stress, so can stretching.	<b>18</b> 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> Compliment or send a "thank you" note to a family member, friend, or coworker today.	<b>20</b> Take a moment to check in on yourself today. Be sure to make time to unwind and practice self-care!	<b>21</b> 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> Stay hydrated! Drink 6-8 oz. of water today to help decrease your risk of developing depression or anxiety.	<b>23</b> 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> 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> 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> 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> 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> Focus on one small task or goal to accomplish today. Be sure to celebrate with someone when you meet that goal!	<b>29</b> Go to <a href="https://www.mentalhealth.gov">www.mentalhealth.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> Take a social media break or turn off your phone today. Constant interruptions can raise your stress level.	<b>31</b> 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

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