

MENTAL HEALTH AWARENESS MONTH

2024

MAY

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



2026 Guide Mental Health Awareness

Milan Tuba,Shyam Akashe,Amit Joshi

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