

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Connect with a friend or family member for 20 minutes.	Take 20 minutes for yourself to practice self-care .	Go for a 20-minute walk in town or a hike in nature.	Cook a healthy meal. Here are some ideas .	Share a smile today! They're priceless!	Practice a breathing exercise or meditation.	Start a gratitude journal .
8	9	10	11	12	13	14
Do one thing today you have been putting off.	Set a positive intention for the day.	Plan a cozy staycation .	Get creative with your wardrobe.	Declutter! Organize something in your life and responsibly dispose of items.	Move for 10 minutes.	Take a brain break.
15	16	17	18	19	20	21
Get creative with a fun art project. Here's some inspiration .	Try something new!	Explore a new area in the place where you live.	Commit to a work-life balance.	Random act of kindness.	Acknowledge your emotions.	Block out social media and TV for two hours today.
22	23	24	25	26	27	28
Take time to laugh!	Spend time outside.	Start reading a book today.	Help a friend or ask for help.	Leave a positive note to brighten someone's day.	Try a beginner's yoga class, in person or online.	Make a list of all the things you love about yourself.
29	30	31				
Take a moment to plan for a positive future and set a goal.	Allow yourself to forgive.	Schedule a health checkup, if possible.				



Day 1 - Did you know that talking to someone about your feelings can help you stay in good mental health? Take some time today to connect with a loved one and remember, we're #HereWithYOUth!

Day 2 - Today is Self-Care Monday! Treat yourself to 20 minutes of [self-care](#) today. This can be as simple as taking the time to enjoy a cup of coffee or tea without distractions.

Day 3 - Go for a 20-minute walk in town or a hike in nature. If going for a longer hike, be sure to carry a map and compass, and plenty of water and snacks to sustain you.

Day 4 - Cook a healthy meal. [Here are some ideas.](#)

Day 5 - Share a smile today! They're priceless!

Day 6 - Practice a breathing exercise or meditation.

Day 7 - Start a [gratitude journal](#). Journal today and answer the following question, "what are three things you are grateful for?"

Day 8 - Do one thing today you have been putting off.

Day 9 - Set a positive intention for the day.

Day 10 - Plan a cozy [staycation](#). Choose a day and a vibe and transform your home into the vacation of your dreams!

Day 11 - Fashion Wednesday! Mix up your week with a style remix. Shake up your wardrobe by wearing tops with bottoms you never thought of pairing together. Is there a top from an opposite season that you can mash up with your spring attire for a fresh take? Do it!

Day 12 - Declutter! Organize something in your life and responsibly dispose of items you no longer want. You can give unwanted items to family or friends, creatively repurpose them, or donate them locally.

Day 13 - Move for 10 minutes. Walk or dance to your favorite tune. Have fun and get your body moving! Moving for even 10 minutes can improve your mood and boost your health.

Day 14 - Take a brain break. Stop what you're doing for five minutes to rest.

Day 15 - Get creative with a fun art project. [Here's some inspiration.](#)

Day 16 - Try something new / Do something that pushes you out of your comfort zone.

Day 17 - Explore a new area in the place where you live. Maybe there is a museum or restaurant you have never been to, or a street you have never taken. Have fun and explore!

Day 18 - Balance beam time! Are you up to the challenge? We dare you to offset the work you do today by doing one leisure activity before bed. Something fun that you don't usually do during the work/school week. You might discover you have a little more time for fun than you think!

Day 19 - Random act of kindness! Maybe make a [bouquet of paper flowers](#) and give it to someone who needs their day brightened.

Day 20 - Take five minutes to:

Halt activity.

Evaluate how you're feeling.

Acknowledge your emotions.

Let the moment pass and exhale any tension.

Day 21 - Maximize "Me Time" by blocking out social media and TV for two hours today.

Day 22 - Take time to laugh! Watch or read something funny. Or make yourself laugh by doing a silly dance.

Day 23 - Spend time outside. This can be done in your neighborhood or a mini adventure to nearby protected lands, like a national park.

Day 24 - Can reading help your mental health? Studies have shown that reading for a only few minutes per day can improve your quality of sleep, reduce stress, and alleviate depression symptoms. Let's take care of ourselves today by spending some time reading!

Day 25 - Dial up someone you care about and let them know how much you appreciate them. Not sure what to say? You can always borrow the words of the great Stevie Wonder, "I just called to say how much I care...And I mean it from the bottom of my heart!"

Day 26 - Leave a positive note to brighten someone's day or write a short, uplifting email to someone you have not connected with in a while.

Day 27 - Try a beginner's yoga class, in person or online. Go in with an open mind knowing that it's not about perfection, it's just about showing up and taking the time for yourself.

Day 28 - Let me count the ways ... Make a list of all the things you love about yourself. No item is too silly or too exaggerated! Be your own cheerleader! What makes you so amazingly, uniquely YOU?

Day 29 - Take a moment to plan for a positive future and set a goal. Commit to the goal and take the very first step in achieving it.

Day 30 - Allow yourself to forgive.

Day 31 - Schedule a health checkup, if possible.