

MAY

#virtuallyresilient

MAY IS
MENTAL HEALTH AWARENESS MONTH

WE WOULD LIKE TO WELCOME YOU TO OUR CALENDAR OF MINDFUL SUGGESTIONS FOR THINGS YOU CAN THINK ABOUT AND ACT UPON EACH DAY... AS YOU BE KIND TO YOUR MIND! WE HAVE A LOT IN STORE FOR YOU FROM WEEKLY JOURNALING PROMPTS (HIGHLIGHTED IN PURPLE), INSPIRATIONAL VIDEOS, INFORMATIVE ARTICLES, AND A COLLABORATIVE DEMONSTRATION FOR THE IMPORTANCE OF MENTAL HEALTH WITH **LIME OUT DAY ON MAY 7TH WHERE WE ALL JOIN IN TO WEAR LIME GREEN IN HONOR OF CHILDREN'S MENTAL HEALTH AWARENESS DAY!** WE HOPE THAT YOU WILL JOIN US ON THIS AWARENESS JOURNEY THROUGHOUT THE MONTH AND THAT YOU FIND THESE DAILY ACTIVITIES TO BE BENEFICIAL TO YOU BEING #VIRTUALLYRESILIENT! THROUGHOUT THE MONTH, USE THIS HASHTAG AND LETS PROMOTE THIS IMPORTANT CAUSE. ENJOY!

ADVOCATE
EDUCATE
LOVE
ACCEPT



MENTAL HEALTH
AWARENESS

S	M	T	W	T	F	S
						
DID YOU KNOW? 1 IN 5 PEOPLE EXPERIENCE A MENTAL HEALTH CHALLENGE IN THEIR LIFETIME 2	WEEKLY JOURNAL PROMPT: HOW CAN I BETTER TAKE CARE OF MYSELF? 3	DID YOU KNOW? NOT GETTING ENOUGH SLEEP AFFECTS YOUR MIND AND YOUR MOOD? COMMIT TO GOING TO SLEEP EARLY TONIGHT 4	TRY A NEW PHYSICAL EXERCISE YOU HAVE NEVER DONE BEFORE 5	COMMIT TO EATING HEALTHY TODAY 6	LIME OUT!!! WEAR GREEN TO BRING AWARENESS TO MENTAL HEALTH POST PICTURE USING #LIMEOUTBCPS 7	TRY THIS! 8 BREATHING EXERCISE: 5 FOR 5: BREATHE IN, HOLD AND RELEASE FOR 5 SECONDS REPEAT 5 TIMES
SELF CARE SUNDAY! SCHEDULE SOME "ME" TIME TODAY! 9	WEEKLY JOURNAL PROMPT: HOW DO I SHOW MY AWARENESS IN ALL 5 SENSES? 10	DID YOU KNOW? 5 MINUTES OF DAYLIGHT STIMULATES PRODUCTION OF SEROTONIN AND DOPAMINE, BRAIN CHEMICALS THAT IMPROVE MOOD 11	GO OUTSIDE FOR A WALK NOTICE THE SMELLS, SOUNDS AND SIGHTS 12	FIND YOUR "FEEL GOOD" SONG AND LISTEN TO IT 13	TREAT YOURSELF TO YOUR FAVORITE COMFORT FOOD 14	UNPLUG AND UNWIND NO SOCIAL MEDIA DAY!! 15
DID YOU KNOW? MEDITATION IS THE 2ND MOST POPULAR MIND AND BODY PRACTICE IN THE US 16	WEEKLY JOURNAL PROMPT: WHO ARE YOU MOST GRATEFUL FOR AND WHY? 17	STAY CONNECTED! REACH OUT TO SOMEONE YOU HAVEN'T SPOKEN TO IN A WHILE 18	INTRODUCE YOURSELF TO SOMEBODY NEW 19	MAKE A LIST OF PEOPLE YOU CAN TALK TO WHEN YOU HAVE A BAD DAY 20		SAY SOMETHING KIND TO SOMEONE 22
TALK TO A TRUSTED ADULT ABOUT YOUR WEEK. 23	WEEKLY JOURNAL PROMPT: WHAT ARE SOME AREAS OF MY LIFE I'D LIKE TO IMPROVE? 24	REMINDER FOR THE DAY: IT'S OK TO ASK FOR HELP 25	TAKE 30 MINUTES FOR CREATIVE EXPRESSION (ART, DANCE, WRITING) 26	REFRAME YOUR MISTAKES. LOOK TO THEM AS MOMENTS TO LEARN FROM 27	SAY SOMETHING KIND TO YOURSELF TODAY! 28	LEARN AND PRACTICE A NEW COPING SKILL YOU HAVE NEVER USED BEFORE 29
THINK ABOUT WHAT RESILIENCY MEANS TO YOU 30	WEEKLY JOURNAL PROMPT: REFLECT ON THE PAST MONTH . WHAT IS MY GREATEST STRENGTH AND WHY? 31		Each week of May has a Mental Health theme: Week 1: Self Care Week 2: Engaging the senses Week 3: Connecting with others Week 4: Coping Skills			