

May is Mental Health Month 2025



TURN
AWARENESS **»**
INTO ACTION

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1 Write down three specific self-care goals for the month and post them where you'll see them.	2 Spend some time in nature today. Whether it's taking a walk, smelling the flowers, or sitting by a tree, nature can make you feel calmer.	3 Check in on your own mental health. Take a mental health test at mhascreening.org . It's free, anonymous, and confidential.
4 Try sharing your mental health story on social media or with close friends. This brave act can help reduce stigma in your community.	5 Our physical health is linked to our mental health. Find some time to move your body today in whatever way feels right for you.	6 Take some time today to de-stress and unwind. Do a hobby you enjoy—or try a new one if you don't have a go-to hobby.	7 Practice good sleep habits. Resist the urge to zone out on social media or watch TV and make your room cool, dark, and quiet. Aim for 8 hours of sleep.	8 Create a "calm space" in your home. Include things that help you relax, like your favorite blanket or book. Use this space when you need time to yourself.	9 Take some time to reflect on the causes you care about. Think of one way you can support these causes, whether it is with your time, donations, etc.	10 Spend 10 minutes doing a journaling exercise. Write down whatever is on your mind and notice how you feel when you finish.
11 Mother's Day: Send a "thank you" card or text to someone in your life today. Sharing gratitude can help you feel more positive too.	12 Help yourself while helping others: Declutter by donating old clothes, toys, books, etc. Clearer spaces can help your mind feel clearer as well.	13 Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.	14 Read this affirmation today whenever you need it: "We're all first-time humans. Give yourself grace as you keep learning and changing."	15 Today is Mental Health Action Day! Visit mhanational.org to find out more about how you can take action to support mental health efforts.	16 Go somewhere you've never been. This could be as simple as taking a different route home. Mixing it up can be refreshing and open you up to new possibilities.	17 Spend some time with a furry friend to lower stress hormones and boost your mood. If you don't have a pet, see a friend who does or volunteer at a shelter.
18 Your mind functions best when your basic needs are met. Do your best to drink at least 64 ounces of water today to stay hydrated.	19 Think of one person whom you'd like to strengthen your relationship with. Schedule a time to connect on the phone or to meet in person.	20 You deserve rest and you do not need to earn it. Take a nap, sit quietly in nature, or enjoy your lunch break without working.	21 Try a new coping skill today. Some examples are: belly breathing, progressive muscle relaxation, playing with a pet, or watching your favorite movie.	22 What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.	23 Reflect on what boundaries you need to live a more peaceful life. If you feel ready, communicate your boundaries to the people involved.	24 Connect with your spirituality if this is something you want to explore. Try joining a faith community, spending time in nature, volunteering, etc.
25 Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.	26 Memorial Day: Plan a cookout or game night with loved ones. Connecting with people you care about can increase your happiness.	27 Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.	28 Try asking someone: "How are you, really?" today to get a better sense of how they're doing, deep down.	29 Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.	30 Plan a break for yourself. You could ask your boss for time off, think of things you might want to do on vacation, consider a "staycation," etc.	31 Write a letter to yourself to celebrate all the actions you've taken this month to support mental health.

Monthly Goals

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Get more information
and resources.

mhanational.com/may

