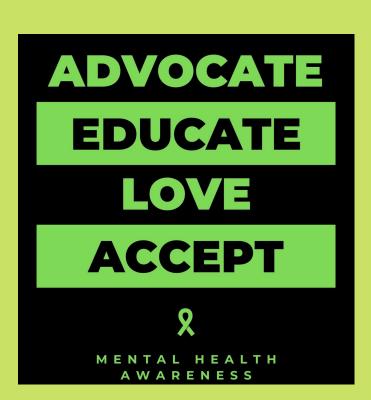
MAY IS
MENTAL HEALTH AWARENESS MONTH

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
(JOURNALING IS A GREAT WAY TO PROCESS YOUR
THOUGHTS AND FEELINGS), 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!

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!



## W M 5 3 6 7 DIDYOU KNOW? TRY THIS! 8 LIME OUT!!! DID YOU KNOW? WEEKLY TRY A NEW **BREATHING EXERCISE:** NOT GETTING ENOUGH **WEAR GREEN** 1 IN 5 **COMMIT TO JOURNAL PROMPT:** SLEEP AFFECTS YOUR PHYSICAL EXERCISE 5 FOR 5: TO BRING AWARENESS PEOPLE EXPERIENCE A EATING HEALTHY **HOW CAN I BETTER** MIND AND YOUR MOOD? BREATHE IN, YOU HAVE TO MENTAL HEALTH **MENTAL HEALTH** TODAY **COMMIT TO GOING HOLD AND RELEASE** TAKE CARE **NEVER DONE BEFORE** POST PICTURE CHALLENGE IN TO SLEEP EARLY FOR 5 SECONDS OF MYSELF? USING #LIMEOUTBCPS THEIR LIFETIME **TONIGHT** REPEAT 5 TIMES 9 12 13 14 15 10 DID YOU KNOW? 11 **WEEKLY** 5 MINUTES OF SELF CARE GO OUTSIDE UNPLUG TREAT **JOURNAL** DAYLIGHT STIMULATES FIND YOUR SUNDAY! **FOR A WALK** YOURSELF AND UNWIND PROMPT: PRODUCTION OF "FEEL GOOD" SCHEDULE SOME NOTICE THE TO YOUR NO SOCIAL MEDIA HOW DO I SHOW SEROTONIN AND SONG AND "ME" TIME **FAVORITE** SMELLS, SOUNDS DAY!! DOPAMINE, BRAIN MY AWARENESS TODAY! LISTEN TO IT **COMFORT FOOD AND SIGHTS** CHEMICALS THAT IN ALL 5 SENSES? **IMPROVE MOOD 17** 18 19 20 22 16 21 STAY **DID YOU KNOW?** MAKE A LIST **WEEKLY** CONNECTED! **MEDITATION IS** OF PEOPLE **JOURNAL PROMPT:** REACH OUT INTRODUCE SAY SOMETHING THE 2ND YOU CAN WHO ARE YOU TO SOMEONE **YOURSELF TO** KIND TO SOMEONE **MOST POPULAR** TALK TO WHEN YOU HAVEN'T **MOST GRATEFUL** SOMEBODY NEW MIND AND BODY YOU HAVE A SPOKEN TO FOR AND WHY? PRACTICE IN THE US BAD DAY IN A WHILE 23 27 24 25 26 28 29 **WEEKLY** REMINDER LEARN REFRAME **JOURNAL PROMPT:** FOR TALK TO A AND PRACTICE TAKE 30 MINUTES SAY SOMETHING YOUR MISTAKES. THE DAY: TRUSTED ADULT WHAT ARE **A NEW** FOR CREATIVE LOOK TO THEM AS KIND TO YOURSELF **ABOUT YOUR SOME AREAS OF** IT'S OK COPING SKILL **EXPRESSION** WEEK. **MOMENTS TO** YOU HAVE MY LIFE I'D TO ASK TODAY! (ART, DANCE, WRITING<mark>)</mark> **LEARN FROM NEVER USED BEFORE** LIKE TO IMPROVE? **FOR HELP** 30 31 **WEEKLY JOURNAL PROMPT:** THINK ABOUT REFLECT ON THE WHAT RESILIENCY PAST MONTH. WHAT IS MY **MEANS TO YOU**

**GREATEST STRENGTH** 

AND WHY?