

Mental Health Awareness Month: Daily Activity Calendar



How are you supporting your mental wellbeing during Mental Health Awareness Month?

Try this calendar of simple, quick steps you can take every day of the month to hold space for yourself and enter June feeling refreshed!

May 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		01 Write down 3 things you're grateful for.	02 Notice and name your emotions and give yourself permission to feel all of them.	03 Learn what psychosocial hazards could impact employees' psychological safety and stress levels.	04 Find a pen and a post-it and draw a little picture. It doesn't have to be good or complex!	05 Do something fun today!
06 Block out time in your calendar to go for a walk. (Or, if the weather is bad, do a 5-minute chair yoga routine!)	07 Write an "I did" list, instead of just focusing on your "to do" list. Every item is a win.	08 Read a book this week that will make you pause and reflect.	09 Listen to music that makes you happy - have an impromptu dance party!	10 Make food choices that will make you feel nourished and strengthened.	11 Prioritize spending time with family and friends and get a little joy this weekend!	13 Decompress in nature - go for a walk in the park or have coffee in your yard! Even a little greenery is shown to decrease stress.
14 Take a few minutes to practice deep breathing - it can feel a little silly, but it's a proven strategy !	15 Find a private space and say these words out loud: "I am safe. I am strong. I am enough."	16 If you have a long to-do list, be proactive and just pick one thing to tick off.	17 Tackle the hardest thing first today: This gives you momentum for the day ahead and reduces procrastination and stress.	19 Try out meditation! Take just 5-10 minutes out of your day to recenter.	18 Look for quiet spaces to spend time in. Take time out and change your environment if you feel yourself getting overwhelmed.	19 Do some exercise that brings you joy, whether that's a walk, a swim or a game of tennis.
20 Try out a new recipe for dinner tonight - be a little adventurous!	21 Take time to notice the small things that bring you joy, actively acknowledge what these things are and write them down.	22 Examine how you talk to yourself: Are you treating yourself with compassion and kindness?	23 Reach out to a colleague and ask how they're feeling; showing care and building connection are great ways to alleviate stress.	24 Do a step challenge to encourage yourself to get outside and active.	25 Give yourself a little treat today.	26 Go for a long lunch with family or friends. Enjoy great food and conversation.
27 Think of someone who's influenced and inspired you - write them a note to say thanks.	28 See what mental health support your organization offers; how can you use existing resources to reduce stress?	29 Have a bath or go for a swim - water is a great resetter.	30 Are you drinking enough water? Hydration improves mood, short-term memory, attention and reaction time!	31 End the month by again writing 3 things you're grateful for. Consider how this month of minding your mental health has shifted your mindset.		