

































We Care/ Mental Health Awareness Month May 2020

Staff: 31 ways in 31 days to practice self-care

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
|  | | | | | 1 | 2 |
| | | | | | Call an old friend and recall a happy memory. | Dance to your favorite song. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Send a kind text to someone who needs it. | Look up and prepare a delicious recipe. | Go for a walk. | Drive to someone's home and say hi from the car. | Check in on a neighbor | Look up and try a new exercise. | Pick wildflowers. |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Remember your mom today. | Buy 2 copies of a book online and send one to a loved one. | Write a poem. | Try Yoga. | Look up a way to volunteer online. | Get dressed up in your best outfit. | Sit outside for at least 30 min. |
|  |  |  |  |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Make an online donation to a charity. | Keep track of your water intake today. | Leave treats for your mail carrier. | Add plants to your work/living area. | Re-organize your work/living space. | Create care packages and drop them off at friends' homes. | Look up and learn 3 new jokes. |
|  |  |  |  |  |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Give an extra tip. | Memorial Day Thank a Veteran | Keep track of your veggie intake. | Try to go a full day with no news. | Learn something new. | Wear a silly outfit today. | Re-watch your favorite movie. |
|  |  |  |  |  |  |  |
| 31 | | | | | | |
| Try mindfulness breathing. | | | | | | |
|  | | | | | | |