



MAY 2025

Mental Health Month-Activity Calendar

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 1:2



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1 Unplug from your devices and plug into family and friends	2 Write down 3 specific self-care goals for the month	3 Be aware of your self-talk. Practice kindness towards yourself
4 Complement yourself for something specific you did yesterday	5 Implement a tech-free morning & evening routine	6 Try to get 7-8 hours of sleep for the remainder of the month	7 Limit caffeine, and sugar. They interfere with sleep	8 Find a night-time scripture that helps you relax	9 Journaling before bed may reduce anxiety and improve sleep	10 Consciously smile at others & Yourself (in the mirror today)
11 Enjoy a meal with a friend or family member	12 Slow-down eating. Notice & enjoy the flavor and textures of your food	13 Take 3 deep breaths during the day. Set a reminder if necessary	14 Notice how you are feeling throughout the day	15 Write down 3 things you are grateful for	16 Take a walk. Notice the sights & sounds around you	17 Unplug from your devices and plug into family and friends
18 Tell a friend or family member 3 things you are grateful for	19 Avoid social media today for at least 2 hours	20 Consciously smile at others & Yourself (in the mirror today)	21 Take 3 deep breaths. Do it once in the morning, once in the evening	22 Silence your phone for 2 hours today	23 Be aware of your self-talk. Practice Kindness towards yourself	24 Schedule time to talk to friend or loved one
25 View a nature program on TV or your device	26 Thank 3 veterans for their service	27 Take a moment to notice the sky: sun, clouds, birds, breeze	28 Cook a meal with a friend or family member	29 Sing your favorite song while you bathe/shower	30 Sit outside. Notice the smells & sounds around you	31 Unplug from your devices today and plug into family and friends