MAY 2025 - Mental Health Tips

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Start the month by rating your current mental health on a scale of 1-10.	2 At the end of the day reflect on something that went well.	3 Schedule time every week this month to do something fun.
4 Journal prompt: Describe you as your favorite version of yourself.	5 Take a few calming breaths each morning this week before work to center yourself.	6 Own your focus. Turn off phone notifications or limit to only urgent ones.	7 Perform a random act of kindness today.	8 Thrive Thursday! Go for a walk with a co-worker, in person or over the phone.	9 Make a list of 10 things you are grateful for in your life.	10 Call/visit a friend or family member you haven't spoken to in a while.
11 Journal prompt: What are healthy vs. unhealthy ways you release stress?	12 Do a social media cleanse this week or limit to 5-10 minutes a day.	13 Explore a self care app and try a meditation.	14 Doodle, draw, or color instead of reaching for your phone.	15 Thrive Thursday! Do something to get your heart rate up for 30 minutes today.	16 TGIF! Relax with a soothing bath or hot shower.	17 Get a house plant. Exposure to plants can boost your mood.
18 Journal prompt: List the people and activities in your life that bring you joy.	19 Notice today how your food choices affect your mood and vice versa.	20 Check in with a co-worker to see how they are doing.	21 Listen to uplifting music instead of the news or talk radio today.	22 Thrive Thursday! Try a mind-body activity such as yoga or tai-chi.	23 Watch a TV show or movie that makes you feel good.	24 Get outside! Soak in the sights and sounds of nature this weekend.
25 Journal prompt: Which activities from the month have been the most helpful?	26 Prioritize sleep this week. Charge your phone in another room at night.	27 Notice your thoughts today and challenge negative thinking.	28 Reach out to an old friend just to say hi.	29 Thrive Thursday! Use your break time to do some gentle stretching.	30 Thrive Thursday! Spend a mindful moment outside.	31 Look back on your rating from the 1st and reflect on your progress.

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