

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Check In with Your Feelings

2

Take Your Morning Coffee Outdoors

3

Do A Five-Minute Meditation

4

Repeat Positive Affirmations

5

Unfollow Negative Social Media Accounts

6

Be Mindful and Present During Your Meals

7

Call a Friend or Family Member

8

Write Down 3 Goals For the Week

9

Add One Mindful Thing to Your AM Routine

10

Make A Small Wins List

11

Ask For Support

12

Sign Offline For the Day

13

Tweak Your Space to Make It Joyful

14

Treat Yourself to Some Self-Care Time

15

Schedule Your Movement For the Week

16

Check Off Your Hardest Task First

17

Schedule In Some Worry Time

18

Pay It Forward with An Act of Kindness

19

Get 30 Minutes of Movement

20

Donate 3 Items You Don't Use

21

Hit Your Reset Button

22

Practice Visualizing Your Happy Place

23

Expand Your Recreational Horizons

24

Declutter One Small Space

25

Crack Yourself Up

26

Do A Feelings Check-In w/ Your Partner

27

Take A Present Moment Walk

28

Have A Tech-Free Night w/ Loved Ones

29

Forgive Yourself for A Mistake You've Made

30

Have A No Complaint Day

31

Reflect and Keep Up the Momentum

Congratulations! You've spent the past month prioritizing your mental health. We're so proud of you for putting yourself first. Consider how you feel now versus when you started. Pretty good, right? All of these simple tips can be easily implemented into your day-to-day life to ease stress and help you cope during challenging times. Reflect and decide what practices you'll take with you in June, July, and beyond.