

# SMALL STEPS. BIG IMPACT.



## MAY

1	THU	Try a new coping skill	<input type="radio"/>
2	FRI	Do something nice for a stranger	<input type="radio"/>
3	SAT	Write down 5 things that you're grateful for	<input type="radio"/>
4	SUN	Take a 10 minute walk outside	<input type="radio"/>
5	MON	Write a "thank you" note to someone who helped you	<input type="radio"/>
6	TUE	Go to bed 1 hour early	<input type="radio"/>
7	WED	Write down 3 accomplishments and congratulate yourself on them	<input type="radio"/>
8	THU	Unfollow one social media account that drains you	<input type="radio"/>
9	FRI	Take 10 minutes to declutter your office	<input type="radio"/>
10	SAT	Start a conversation with a stranger	<input type="radio"/>
11	SUN	Make a list of your strengths	<input type="radio"/>
12	MON	Talk to yourself like your best friend	<input type="radio"/>
13	TUE	Tell someone they matter—today and always	<input type="radio"/>
14	WED	Check in with a friend who's been quiet lately	<input type="radio"/>
15	THU	Take a break from social media today	<input type="radio"/>
16	FRI	Laugh for 30 seconds straight	<input type="radio"/>
17	SAT	Try a 1 minute breathing meditation	<input type="radio"/>
18	SUN	Drink only water today	<input type="radio"/>
19	MON	Take 5 deep breaths—slow and steady	<input type="radio"/>
20	TUE	It's okay to take a mental health day	<input type="radio"/>
21	WED	Say no to something that drains your energy	<input type="radio"/>
22	THU	Smile at a stranger	<input type="radio"/>
23	FRI	Let yourself cry if you need to. No judgment.	<input type="radio"/>
24	SAT	Ask yourself: What do I need right now?	<input type="radio"/>
25	SUN	Dance it out to your favorite song	<input type="radio"/>
26	MON	Practice giving your full attention when you listen	<input type="radio"/>
27	TUE	Take a different way home from work	<input type="radio"/>
28	WED	FaceTime or visit someone in your family	<input type="radio"/>
29	THU	Reframe a negative thought to make it positive	<input type="radio"/>
30	FRI	Give something away that you don't use	<input type="radio"/>
31	SAT	Celebrate everything you've done to support mental health this month!	<input type="radio"/>

# SMALL STEPS. BIG IMPACT.

Each day in May, complete one small act of care for your mental health.



## MAY

## WEEK 1

1

THU

### Try a new coping skill

Examples: clean something, play with a pet, read a book.



2

FRI

### Do something nice for a stranger

Being kind encourages other people to do the same.



3

SAT

### List 5 things you're grateful for

Gratitude helps you feel more positive emotions.



4

SUN

### Take a 10 minute walk outside

Exercise releases endorphins that boost your mood.



## MAY

## WEEK 2

5

MON

**Give thanks**

Write a thank you note to a person who has helped you.



6

TUE

**Go to sleep 1 hour early**

It's been a day, hasn't it?



7

WED

**Write down 3 accomplishments**

Now congratulate yourself on achieving them!



8

THU

**Unfollow a social media account that drains you**

Or use the mute feature to hide their posts.



9

FRI

**Take 10 minutes to declutter your office**

Clearer spaces help your mind feel clearer as well.



10

SAT

**Start a conversation with a stranger**

All new friendships have to start somewhere.



11

SUN

**Make a list of your strengths**

If you're stuck, ask a friend for help.



## MAY

## WEEK 3

12

MON

**Talk to yourself like your best friend**

Give yourself grace for over-thinking or making a mistake.



13

TUE

**Tell someone they matter—today and always**

Let's normalize telling people how much they mean to us.



14

WED

**Check on a friend who's been quiet lately**

"Just wanted to say I'm thinking of you. No need to reply."



15

THU

**Have a social media-free day**

Use the extra time to finish one thing you've been avoiding.



16

FRI

**Laugh for 30 seconds straight**

It's even more fun if you laugh with someone.



17

SAT

**Try a 1 minute square breathing meditation**

Inhale and hold for 4, then exhale and hold for 4. Repeat.



18

SUN

**Drink only water**

Your mind functions best when your basic needs are met.



## MAY

## WEEK 4

19

MON

**Take 5 deep breaths — slow and steady**

Deep breathing for 1 minute can reduce anxiety.



20

TUE

**It's okay to take a mental health day**

You deserve rest and don't need to earn it.



21

WED

**Say no to something**

Establishing boundaries is part of self care.



22

THU

**Smile at a stranger**

A simple smile can change someone's day.



23

FRI

**Let yourself cry if you need to (no judgment!)**

Crying can help ease both physical and emotional pain.



24

SAT

**Ask yourself: What do I need right now?**

Write down 3 ways that you can give it to yourself.



25

SUN

**Dance it out**

Dancing combats depression and boosts brain function.

