

May - Mental Health Awareness Month

31 DAYS OF SELF CARE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

List 3 goals you want to accomplish

2

Stand up every hour of the day

3

Write a note to someone you care about

4

Reduce your screen time by 50% today

5

Drink a glass of water

6

Don't check social media until noon

7

Call a friend you haven't spoken to in a while

8

Read for 15 minutes

9

Prepare your lunch for tomorrow

10

Share an inspiring quote with a friend

11

Check on a friend

12

Take a walk and notice the beauty in nature

13

Remember an event in your life that was meaningful

14

Exercise...even if just for a minute

15

Enjoy your favorite piece of candy

16

Cook something new

17

Prepare clothes the night before

18

Go to bed early tonight

19

Write down 3 things you're grateful for

20

Dance to your favorite song

21

Sit outside for 20 minutes

22

Make your bed

23

No emails after 6pm

24

Compliment a stranger

25

Learn a new word and try to use it

26

Write down something that has been bothering you

27

Spend one minute alone with yourself

28

Stretch for 15 minutes when you wake up

29

Smile at everyone you see today

30

Ask open-ended questions when conversing

31

Take one day at a time

Taken from Maddie's Self Care Checklist

As long as I made a positive imprint on your life and many others, I will be happy.
-Maddie



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checkonafriend