

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY Mental Health Awareness Month  <i>Taken from Maddie's Self Care Checklist</i>			1 Write a note to someone you care about <input type="checkbox"/>	2 Reduce your screen time by 50% today <input type="checkbox"/>	 3 Drink a glass of water <input type="checkbox"/>	4 Don't check social media until noon <input type="checkbox"/>
5 Call a friend you haven't spoken to in a while <input type="checkbox"/>	 6 Read for 15 minutes <input type="checkbox"/>	7 Prepare your lunch for tomorrow <input type="checkbox"/>	8 Share an inspiring quote with a friend <input type="checkbox"/>	 9 Check on a friend <input type="checkbox"/>	10 Remember a meaningful event in your life <input type="checkbox"/>	11 Take a walk and notice the beauty in nature <input type="checkbox"/>
 12 Exercise...even if just for a minute <input type="checkbox"/>	13 Enjoy your favorite piece of candy <input type="checkbox"/>	14 Cook something new <input type="checkbox"/>	 15 Prepare clothes the night before <input type="checkbox"/>	16 Go to bed early tonight <input type="checkbox"/>	 17 Write down 3 things you're grateful for <input type="checkbox"/>	18 Dance to your favorite song <input type="checkbox"/>
19 Sit outside for 20 minutes <input type="checkbox"/>	 20 Make your bed <input type="checkbox"/>	21 No emails after 6pm <input type="checkbox"/>	22 Compliment a stranger <input type="checkbox"/>	23 Learn a new word and try to use it <input type="checkbox"/>	24 Write down something that has been bothering you <input type="checkbox"/>	 25 Spend one minute alone with yourself <input type="checkbox"/>
26 Stretch for 15 minutes when you wake up <input type="checkbox"/>	27 Smile at everyone you see today <input type="checkbox"/>	 28 Ask open-ended questions when conversing <input type="checkbox"/>	29 Take one day at a time <input type="checkbox"/>	 30 Stand up every hour of the day <input type="checkbox"/>	31 List 3 goals you want to accomplish <input type="checkbox"/>	



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