

Sunday ● Monday ● Tuesday ● Wednesday ● Thursday ● Friday ● Saturday

May - Mental Health Awareness Month



31 Days of Self-Care Taken from Maddie's Checklist

3 Drink a glass of water <input type="checkbox"/>	4 Step outside for fresh air, no phone <input type="checkbox"/>	5 Read for 15 minutes <input type="checkbox"/>	6 Send a kind text <input type="checkbox"/>	7 Take 5 deep breaths <input type="checkbox"/>	8 Check on a friend <input type="checkbox"/>	9 Open a window, let light in <input type="checkbox"/>
10 Take a nap without guilt <input type="checkbox"/>	11 Move your body for 2 minutes <input type="checkbox"/>	12 Enjoy a small treat <input type="checkbox"/>	13 Sit up tall, notice your posture <input type="checkbox"/>	14 Prepare clothes the night before <input type="checkbox"/>	15 Try something new <input type="checkbox"/>	16 Do one task quickly <input type="checkbox"/>
17 Listen to music & dance <input type="checkbox"/>	18 Feel the sun on your face <input type="checkbox"/>	19 Make bed <input type="checkbox"/>	20 Watch your favorite show <input type="checkbox"/>	21 Give a stranger a compliment <input type="checkbox"/>	22 Stand up every hour of the day <input type="checkbox"/>	23 Do less, on purpose <input type="checkbox"/>
24 Eat something you love <input type="checkbox"/>	25 Start a journal and use colored markers <input type="checkbox"/>	26 Share a random memory with a friend <input type="checkbox"/>	27 Unclench your jaw & shoulders <input type="checkbox"/>	28 Go to bed a little earlier <input type="checkbox"/>	29 Write 5 things you love about yourself <input type="checkbox"/>	30 Spend one minute alone with yourself <input type="checkbox"/>

31
Refuse once a week



YES Youth Emotional Support

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