



Take Care & Be Aware

May is mental health awareness month. The intent is to raise awareness of those living with mental or behavioral health issues as well as reduce the stigma that so many experience. Just like our bodies need daily nourishment and activity to stay healthy and functional, our mental health needs its own kind of nourishment. Committing time each day to care for your mental health is beneficial to your overall well-being.

For the month of May, complete the following activities to boost your mental health - choose one to complete per day. Complete them all back-to-back or spread them out throughout the month.

- Take the [Mental Health Assessment](#).
- Perform a random act of kindness.
- Play to your strengths. Everyone has a skill or activity they're good at. Spending time on activities you're good at isn't just fun-it boosts self-esteem!
- Practice forgiveness - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.
- Learn new skills. Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being go hand in hand.
- Be a tourist in your own town. People often only explore attractions on trips, but you may be surprised what cool things are in your own backyard.
- Read [Spring Into Self-Care](#) to find ways to check in with yourself and reevaluate your well-being.
- Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
- Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.
- Try something outside of your comfort zone to make room for adventure and excitement in your life.
- Anyone who has never made a mistake has never tried anything new. - Albert Einstein**
- Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.
- Nourish your body with [Matcha Coconut Popsicles](#).
- Do your best to enjoy 30 minutes of direct sunshine. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.
- Practice mindfulness. Review [Mindful Munching](#) to discover ways to be mindful while prepping and eating your meals!