How to Maintain Mental Health

Brush up on your mental wellbeing and self-care strategies by reading this month's resources! Learn how to maintain and improve your mental health by breaking it down into categories or trying the suggestions provided.

May 2025

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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2025 May Resources

Complete this month's mini challenge!

May 5th

Complete the Find the Magic Mini Challenge.

May 6th

Create a self-care kit. Include things that help you relax like your favorite book, a stress ball, or a scented candle.

May 7th

Do one special thing you enjoy today. Have a fancy drink or call and old friend. Celebrate the day!

May 8th

Focus on positivity. Write down 10 happy things that happened today.

May 10th

Meditate for 10 minutes today.

Clinical Check-In

Take a minute to watch this month's Clinical Check-In with Dr. Russell Vinik.

Watch Now ▶