



Mindful May 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01 Change your virtual meeting background to show your support for Mental Health Awareness <u>SEFBHN MH Awareness Month Celebration @ CSC 9:00 AM – 12:00 PM</u>	02 Do a small act of kindness (e.g. buy someone coffee, hold the door open, etc.)	03 <u>SEFBHN MH Awareness Month Celebration: Join virtually 9:00 AM – 12:00 PM</u>
04 Make a list of five things you're grateful for today. Share it on social media (if comfortable) with #MindfulMay	05 Update email signature with Mental Health Awareness Logo May 5th-11th- Maternal Mental Health Awareness Week	06 Practice positive affirmations by looking in the mirror and repeating kind or inspiring statements to yourself.	07 National Children's Mental Health Awareness Day <u>Join Trauma Informed Yoga @ The Inner Truth Project from 6:00 PM - 7:00 PM</u>	08 Take a mental health test: https://screening.mhanation.org/screening-tools/ . It's free, anonymous, and confidential.	09 Check in on a friend or family member you haven't spoken to in a while.	10 Write down three specific self-care goals and post them where you'll see them.
11 May 11 th -17 th – National Prevention Week Join a fitness class or go for a nature walk.	12 Wear Blue for National Prevention Week! #NationalPreventionWeek	13 Be seen in GREEN today! <u>St. Lucie RISE Coalition Mtg @ CSC 1:00 PM – 2:00 PM</u>	14 Write something nice on a post it and place it in a public place! <u>Join Trauma Informed Yoga @ The Inner Truth Project from 6:00 PM - 7:00 PM</u>	15 Say “no” to something that drains your energy. Set a boundary and protect your peace.	16 Try a new coping skill today. (e.g. belly breathing, progressive muscle relaxation, playing with a pet, or watching your favorite movie, etc.)	17 <u>iMind MH Awareness Month Resource Fair 9:00 AM – 12:00 PM</u> <u>CCKids 1K for Kids and Story Stroll @ Pioneer Park 9:30 AM - 12:00 PM</u>
18 Go tech-free for an hour. Disconnect from screens and do something you enjoy.	19 Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.	20 Listen to an inspiring podcast about mental health. Some great options: “The Happiness Lab” or “Therapy Chat”.	21 Learn about trauma-informed care. Read an article or watch a TED Talk on the topic <u>Join Trauma Informed Yoga @ The Inner Truth Project from 6:00 PM - 7:00 PM</u>	22 <u>Opioid Summit @ IRSC from 8:30 AM - 4:30 PM</u> Take a picture of a random thing that made you smile today!	23 Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.	24 Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.
25 Create a stress relief kit https://blossom-counseling.net/children/75-things-to-put-in-your-calm-down-kit-free-printable/	26 Create a vision board reflecting on future commitments and successes.	27 Wellness Tips Exchange: Encourage employees to share their favorite wellness tips or self-care practices with each other.	28 Bring Awareness to the <u>988 Life Line</u> . Know it. Use it. Share it.	29 Create a “calm space” in your home. Include things that help you relax, like your favorite blanket or book. Use this space when you need time to yourself.	30 Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.	31 Take time to reflect. What mental health strategies worked best for you this month?