Mental Health Association in New York State, Inc.

MAY

is Mental Health Awareness Month

Daily Self-Care Suggestions

Choose one or two of the following each day in May to support your mental health and wellness!

- ❑ Watch a movie or an episode of your favorite TV show.
- ❑ Go for a hike.
- ❑ Get physical - do an hour of physical activity.
- ❑ Plan a schedule of when your bills are due.
- ❑ Meal prep for the week for a healthy lunch.
- ❑ Read for an hour.
- ❑ Before or after work take a walk.
- ❑ Take the stairs.
- ❑ Try a new recipe.
- ❑ Get a haircut.
- ❑ Listen to your favorite music.
- ❑ Attend a local sports event.
- ❑ Do some mindful breathing.
- ❑ Take time to recycle.
- ❑ Set a goal of 8 glasses of water for the day.
- ❑ Create breaks in your work schedule.
- ❑ Learn something new.
- ❑ Rearrange your living or work space.
- ❑ Go for a drive.
- ❑ Plan a weekend getaway.
- ❑ Try a new hobby.
- ❑ Plan to get a full 8 hours of sleep.
- ❑ Spend an hour doing something you enjoy.
- ❑ Go to the gym.
- ❑ Spend the day exploring your neighborhood.
- ❑ Make a phone call to a friend or family member who you haven't seen in a while.
- ❑ Grab lunch or coffee with a friend.
- ❑ Organize your email.
- ❑ Do something you enjoy that you haven't done in a while.
- ❑ Look up DIYs and build something.
- ❑ Did you know it takes more muscles to frown than to smile?
- ❑ Volunteer.
- ❑ Stay off social media for the entire day.
- ❑ Take a 15-minute lunch break walk.
- ❑ Go shopping.
- ❑ Try a new restaurant.
- ❑ _____

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