

MENTAL HEALTH AWARENESS MONTH



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| | | | | | 1 Do a deep breathing exercise | 2 Spend 10 or more minutes outside |
| 3 Write a thank you note | 4 Take a 3-hour tech break | 5 Listen to music that uplifts you | 6 Treat yourself | 7 Be active for 30 minutes | 8 Watch / Read something that makes you laugh | 9 Provide a random act of kindness |
| 10 Get 7 to 8 hours of sleep | 11 Try a 5-minute meditation | 12 Practice positive affirmations | 13 Try light stretching or gentle yoga | 14 Do a self-care activity | 15 Spend time with someone you care about | 16 Try a new hobby/activity |
| 17 Attend Sage yoga class | 18 Journal your thoughts without judgment | 19 Make a list of short-term goals | 20 Spend time on a hobby or creative outlet | 21 Go on a mindfulness walk | 22 Write a letter to your future self | 23 Tidy up a space in your home |
| 24 Go to bed 30 minutes early | 25 Reach out to a friend or loved one | 26 Cook a meal or bake for yourself | 27 Set one boundary for yourself | 28 Write 3 things you like about yourself | 29 Take a social media break | 30 Take time to rest or take a nap |
| 31 Reflect: What helped you the most this month? | | | | | | |



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@GainesvilleSage

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