

May Self-Care Calendar

There is hope even when your brain tells you there isn't.
 ~John Green~



MAY
IS MENTAL HEALTH
AWARENESS MONTH
 #breakthestigma

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Take time to set your self-care goals for this month.	2 JOURNAL TOPIC: What simple action can you take to make you smile?	3 Think about one thing you would like to become more vocal about.	4 Advocate for family, friends, or a colleague.	5 Get some sun!	6 Make plans to relax and take it easy this Friday evening.	7 Purchase someone or yourself some flowers.
8 Spend quality time with a loved one.	9 JOURNAL TOPIC: What have you learned recently?	10 Take some time to meditate today for at least five minutes.	11 Take a long shower or bubble bath and go to bed early.	12 Cook one of your favorite meals.	13 Share with yourself or a friend small wins that were accomplished this week.	14 Treat yourself to a Saturday morning breakfast.
15 FREEBIE You choose your self-care activity today!	16 JOURNAL TOPIC: What has been giving you energy?	17 Give yourself a mini-facial tonight.	18 Take 3 deep breaths to start and end your day.	19 Take a break from your phone, enjoy the moment!	20 HAPPY FRIDAY! LET'S DANCE!	21 Go on a lunch date with a friend.
22 Be gentle with yourself.	23 JOURNAL TOPIC: List three qualities you love about yourself.	24 Take a 30-minute walk.	25 Social Media Free Day!	26 Dine out tonight!	27 Leave work on time!	28 Get creative today! Paint, draw, color, or build!
29 FREEBIE You choose your self-care activity today	30 JOURNAL TOPIC: What's one thing you want to make more time for?	31 Create a summer bucket list.				

