

# MAY IS MENTAL HEALTH MONTH SELF-CARE CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Practice a breathing exercise	<b>2</b> Color a picture
<b>3</b> Get outside!	<b>4</b> Enjoy a favorite food	<b>5</b> Watch a funny video or show	<b>6</b> Organize your desk or dresser	<b>7</b> Look at cute baby animals	<b>8</b> STRETCH your body!	<b>9</b> Take a longer shower
<b>10</b> Wear a favorite article of clothing	<b>11</b> Do a puzzle	<b>12</b> Read something new	<b>13</b> Put on some music and dance!	<b>14</b> Put on hand cream	<b>15</b> Wear two different socks to smile	<b>16</b> Find and tell someone a bad joke
<b>17</b> Remember your favorite memory	<b>18</b> Sit in the sun for 10 minutes	<b>19</b> Enjoy a cup of tea	<b>20</b> Write a letter to someone you love	<b>21</b> Play a game	<b>22</b> Make a special snack	<b>23</b> Make a to do list of fun things to try
<b>24</b> Take a day off from social media	<b>25</b> Stop and listen for the birds	<b>26</b> Make a gratitude list	<b>27</b> Write your favorite inspirational quote	<b>28</b> Meditate	<b>29</b> Delete your old emails	<b>30</b> Try yoga or tai chi
<b>31</b> Take a nap						

Check off each day that you practice a self-care strategy. Check out the weekly Self-Care Challenge emails for ideas! And watch the Open Sky social media feeds for ideas from our leadership team!

At the end of the month, send completed calendars to [stefanie.gregware@openskycs.org](mailto:stefanie.gregware@openskycs.org)

For each day you've checked off, you'll receive ONE entry into a raffle for a \$25 gift card for self-care supplies!

Use this sample calendar to get you started on some ideas, and find a blank copy in the Self-Care Challenge folder to complete your own!

