

MAY-Use this month to focus on your Mental Wellness. Accomplish 1 Wellness activity each day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<p>1 Breathe! Yes, that's it for today - take 5 big SLOW deep breaths all the way down into your belly. In through nose out through mouth - SLOW!</p>	<p>2 Journal/Write What are three things you could be doing now to take better care of your self?</p>
<p>3 App Search Download apps that might help you focus more, manage your time, or calm you down.</p>	<p>4 Yoga to Reduce Anxiety www.yoginrainbow.com Yoga with Adirenne- yoga for teens on YouTube</p>	<p>5 Connect Call or facetime (not text) someone you love</p>	<p>6 Take a color walk. Walk and find 6 things that are red, 5 things that are orange, 4 that are yellow, 3 green, and 2 blue and 1 thing purple.</p>	<p>7 Watch Try TED talks for teens: https://www.tedxteen.com/talks/ Or check out this Brene Brown one - it's a favorite of the counselors</p>	<p>8 Complete your YouScience profile to learn more about YOU. Get your passcode from your school counselor if you don't have it</p>	<p>9 Unplug from technology and turn off your phone for 30 minutes after you wake up and for 30 minutes before bed.</p>
<p>10 Practice Self Compassion: Finish the sentence, I love myself because...</p>	<p>11 Journal/Write What are ten things you are grateful for?</p>	<p>12 Read Read something that will help your mental health</p>	<p>13 Listen - Try these podcasts: -Stuff you Should Know -Stuff you Missed in History Class -MentalMusic.org -411 Teen -Teen Wealth</p>	<p>14 Breathe! Take 5 big SLOW deep breaths all the way down into your belly. In through nose out through mouth - SLOW!</p>	<p>15 Engage in a fun hobby or a past childhood favorite (baking, puzzles, boardgames, coloring, cards, dance party...)</p>	<p>16 Create a healthy space. De- Cutter, clean and organize your bedroom</p>
<p>17 Journal/Write What are five goals you have for yourself?</p>	<p>18 Smile! Remember that you matter!</p>	<p>19 Send a meaningful note of appreciation (text/ email/ snail-mail) to someone who has made a positive impact on your life.</p>	<p>20 Get Creative - Express yourself in any fun ways. Draw, paint, color, collage, scrapbook, write poetry, play with clay/ play-doh, build with legos, etc.</p>	<p>21 Practice Progressive Muscle Relaxation - from the top of your head down to the tips of your toes tighten and then release each muscle group</p>	<p>22 Relax in nature Lay in the grass and watch the clouds go by - use your imagination, what shapes do you see in the clouds? Or go star-gazing at night.</p>	<p>23 Try something new Learn to cook, origami, sign language, dancing...</p>
<p>24 Send a meaningful note of appreciation (text/ email/ snail-mail) to someone who has made a positive impact on your life.</p>	<p>25 Journal/Write When do you feel most happy?</p>	<p>26 Learn Something New Go to Lynda.com and type in your library card, take free class to learn something new</p>	<p>27 Engage in a fun hobby or a past childhood favorite WITH A FRIEND/ FAMILY MEMBER (baking, puzzles, boardgames, coloring, cards, dancing)</p>	<p>28 Read Read something that will help your mental health</p>	<p>29 Do a random act of kindness for someone) - deliver cookies, take their dog for a walk, bring in their trashcans, etc.</p>	<p>30 Unplug from technology and turn off your phone for 30 minutes after you wake up and for 30 minutes before bed.</p>
<p>31 Connect Call or facetime (not text) someone you love</p>						

