




MAY IS MENTAL HEALTH AWARENESS MONTH

31 activities you can do to support your mental health

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  WE'RE HERE TO LISTEN 			DIAL 988 508-532-2255 413-505-5111 or text C2T to 741741	1 Buy the person behind you in line a coffee	2 Find a community event to attend/ farmers market/ film festival	3 Practice Mindfulness /Meditate
4 De-clutter one room in your house	5 Smile at someone who looks sad	6 Start a gratitude journal	7 Help an elderly friend or neighbor with an errand	8 Take a yoga class	9 Limit screentime	10 Try breathing exercises
11 Donate flowers to a nursing home	12 Take a relaxing bath or shower	13 Color	14 Spend time with a furry friend. Volunteer at a shelter	15 Exercise <i>(Join Team MassTalk at the MetroWest Corporate 5K)</i>	16 Listen to music	17 Let someone else take that primo parking spot
18 Take a walk in nature	19 Try a new recipe & cook yourself a meal	20 Read a book	21 Clean up leaves or trash on your street or a park	22 Take a nap	23 Eat nutritious food	24 Let a stranger go in front of you in line
25 Volunteer	26 Game night with friends	27 Try breathing exercises	28 Plant a tree	29 Watch a funny movie	30 Sit outside and enjoy the sunshine	31 Take a class /learn something new