

MAY IS MENTAL HEALTH AWARENESS MONTH

31 activities you can do to support your mental health

MAY 2026

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 Get Moving	2 Eat Healthy
3 Meditate	4 Laugh More	5 Text A Loved One	6 Learn To Say No	7 Try Yoga	8 Journal	9 Get Some Sleep
10 Try Something Creative	11 Listen to Music	12 Take Deep Breaths	13 Take A Walk	14 Give or Get Hug	15 Try Aroma-therapy	16 Recite Affirmations
17 Explore A Hobby	18 Express Gratitude	19 Use Your Senses	20 Get A Massage	21 Solve A Puzzle	22 Dance	23 Take A Relaxing Bath
24 Stretch Color	25 Tidy Your Space	26 Doodle	27 Read A Book	28 Try Baking	29 Reduce Screen Time	30 Spend Time In Nature
31						