

May is Mental Health Month
May 2019 - Thirty-one ways to take care of your Mental Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise. Your body releases stress-relieving and mood-boosting endorphins before and after you work out.	2 Tell yourself something positive. Research shows that how you think about yourself can have a powerful effect on how you feel.	3 Write something down you are grateful for. Gratitude has been linked with improved well-being and mental health, as well as happiness.	4 Focus on one thing (in the moment). Being mindful of the present moment allows us to let go of negative or difficult emotions from past experiences.
5 Eat a good meal. What you eat nourishes your whole body, including your brain.	6 Open up to someone. Knowing that you are valued by others is important for helping you think more positively.	7 Do something for someone else. Research shows that being helpful to others as a beneficial effect on how you feel about yourself.	8 Take a break. In those moments when all seems like too much, step away, and do anything but whatever is stressing our out until you feel better.	9 Go to bed on time. A large body of research has shown that sleep deprivation has a significant negative effect on your mood.	10 Work your strengths. Do something you are good at to build self-confidence, then tackle a tougher task.	11 Experiment with a new receipt. Creative expression and overall well-being are linked.
12 Show some love to someone in your life. Close, qualify relationships are key for a happy, healthy life.	13 Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got.	14 Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind.	15 Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.	16 Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.	17 Relax in a warm bath. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels which can be depleted by stress.	18 Dance around while you do your housework. Not only will you get chores done but dancing reduces levels of cortisol and increases endorphins.
19 Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.	20 Spend some time with a furry friend. Time with animals lowers the stress hormone cortisol, and boosts oxytocin-which stimulates feelings of happiness.	21 Try prepping your lunches or picking out your clothes for the work week. You'll save some time in the mornings.	22 Practice forgiveness-even if it's just forgiving that person who cut you off during your commute.	23 Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.	24 Send a thank you note- not for a material item, but to let someone know why you appreciate them.	25 Be a tourist in your own town. Often time's people explore attractions on trips, but you may be surprised what cool things are in your own backyard.
26 Take 30 minutes to go for a walk in nature. It could be a stroll through a park or a hike in the woods.	27 Do your best to enjoy 15 minutes of sunshine and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.	28 Try something out of your comfort zone to make room for adventure and excitement in your life.	29 Try to find the silver lining in something kind of cruddy that happened recently.	30 Go off the Grid. Leave your smart phone at home for the day and disconnect from emails, alerts and other interruptions.	31 Tell your goals to someone you trust and ask them to help you stick with a plan. Studies show that social support helps you achieve your goals.	

