















MAY IS
MENTAL HEALTH
AWARENESS
MONTH

May 2026

31 MORE GOOD DAYS Together 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>During Mental Health Awareness Month (and every day!), we're here to help empower you to live your best life through self-care and a focus on well-being. We are sharing this daily affirmations calendar with you to make May a month of self-care and gratitude. Each day you can try out a fun and easy technique, affirmation or practice. Change your habits, change your life!</p> 					<p>1 Check in on your own mental health. Take a free, confidential mental health test at mhascreening.org</p>	<p>2 Look for connection through hobbies, sports, faith, or online groups with shared interests. Find your people.</p>
<p>3 Blow bubbles! They are not just for kids. The slow, controlled breathing while blowing bubbles reduces anxiety and lowers stress. </p>	<p>4 Watch your favorite Star Wars movie. And May the 4th be with you! </p>	<p>5 Take something off your plate by delegating it. No one has unlimited capacity. When you try to do everything yourself quality can decline.</p>	<p>6 Smile and say hello to a stranger today. It creates a moment of human connection. It says "I see you, you exist, you matter."</p>	<p>7 Make time for laughter today. Laughter triggers physical changes that calm the body. This creates a natural stress-release cycle.</p>	<p>8 Take in a beautiful sunset. Simply watching one engages the brain in ways that promote calm and meaning. </p>	<p>9 Detox from social media for 24 hours. Your brain isn't designed to process the volume continuously. Take a break.</p>
<p>10 Mother's Day can bring many emotions. Pause and notice what your body and mind need today, and make time to care for your whole self.</p>	<p>11 Go to bed 30 minutes earlier tonight. Even small increases in sleep duration are associated with better health outcomes. </p>	<p>12 Affirmations can improve your overall well-being. Pick a supportive phrase and repeat it today like "I can grow at my own</p>	<p>13 Thank someone for being in your life. "You make the hard days lighter and the good days even better."</p>	<p>14 Give yourself permission to say no today. Boundaries tell others, and yourself, what is acceptable and sustainable.</p>	<p>15 Tidy your workspace today. Clutter creates visual noise and drains our mental resources. Tidying creates an immediate win.</p>	<p>16 Busy schedules can make friendships challenging. Send a text or call a friend today just to check in.</p>
<p>17 Take a 30-min. walk in nature. Nature naturally shifts the body out of stress mode. Heart rate and muscle tension decreases. </p>	<p>18 Write down three things that you are grateful for. Gratefulness steadies the mind and softens stress.</p>	<p>19 Stretch for 10-15 minutes. Short consistent stretching makes everyday movements feel easier. </p>	<p>20 Ask one person "What's one small thing you're looking forward to tomorrow?" Now you're both looking for a good day.</p>	<p>21 Pause and name what you're feeling right now. Labeling emotions can help you respond with care. Name it to claim it.</p>	<p>22 Enjoy photos from a happy time. Photos remind you that good moments are a part of your story. </p>	<p>23 Listen to one song that used to be your "anthem" and pay attention to the lyrics. How does it make you feel now? </p>
<p>24 Write a thank you letter to yourself. Most of us are quicker to criticize ourselves than to acknowledge our efforts.</p>	<p>25 MEMORIAL DAY Remember and honor those who sacrificed their lives for our freedom,</p>	<p>26 Schedule a preventative visit that you have been putting off. </p>	<p>27 We all face tough times at some point. Try finding one small positive or lesson in a hard situation.</p>	<p>28 Spend a few minutes playing or relaxing with a pet today. Animals ease stress and loneliness. </p>	<p>29 Schedule something to look forward to. It gives your brain a sense of hope and anticipation. .</p>	<p>30 Organize 1 closet or drawer in your home. The state of your home shapes how safe, calm and capable you feel.</p>
<p>31 Working toward more good days for a whole month is a big achievement. Treat yourself to celebrate your efforts. </p>						