

# MAY MENTAL HEALTH MONTH '24



## CALENDAR OF EVENTS & 23-DAY "HEAL THROUGH CONNECTION" CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Legend
26	27	28	1 	2 <i>1: Share a laugh with someone</i>	3 <b>Lift Your Voices: An Open Mic Event</b>	4 <b>Hearts, Minds and Hands</b>	<p><b>BOLD</b> = Event <i>Italics</i> = 23-Day "Heal Through Connection" Challenge!</p> <p>For more info about events visit <a href="https://SMCHHealth.org/attend-events">SMCHHealth.org/attend-events</a></p>
5 <i>2: Check-in w/ an older family member</i>	6 <i>3: Wave or smile at someone new</i>	7 <i>4: Learn the name of one of your neighbors</i>	8 <i>5: Think of positive traits of close friend</i>	9 <i>6: Tell someone you're grateful for them</i>	10 <i>7: Join a hobby club e.g. book club, sports, etc</i>	11 <b>Healing Connections: Open Mic Event</b>	
12 <i>8: Move with a friend e.g. walk, dance</i>	13 <i>9: Let someone know if you're having a hard time</i>	14 <b>Mindfulness Meditation</b>	15 <b>Tap Into Wellness</b> ----- <b>Supporting &amp; Caring for Trans Youth</b>	16 <i>10: Share a song with someone</i>	17 <i>11: Schedule hangout with a friend</i>	18 <i>12: Pass on act of kindness to someone new</i>	
19 <i>13: Treat someone to a beverage or snack</i>	20 <b>May Mindfulness Day</b>	21 <i>14: Give someone a hug</i>	22 <i>15: Volunteer for a local organization</i>	23 <b>Finals Wellness Fair</b>	24 <i>16: Thank someone for a time they helped you</i>	25 <i>17: Give a small gift to someone e.g. food, craft</i>	
26 <i>18: Spend quality time with a friend</i>	27 <i>19: Reconnect with an old friend</i>	28 <i>20: Offer to help someone with a task</i>	29 <i>21: Share a fond memory with someone</i>	30 <i>22: Compliment someone</i>	31 <i>23: Tell someone how much they mean to you</i>	1	



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## CALENDAR OF EVENTS & 23-DAY "HEAL THROUGH CONNECTION" CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Legend
26	27	28	<b>1</b> Pathways	<b>2</b> <i>1: Share a laugh with someone</i>	<b>3</b> <b>Lift Your Voices: An Open Mic Event</b>	<b>4</b> <b>Hearts, Minds and Hands</b>	<p><b>BOLD</b> = Event <i>Italics</i> = 23-Day "Heal Through Connection" Challenge!</p> <p>For more info about events visit <a href="https://SMCHHealth.org/attend-events">SMCHHealth.org/attend-events</a></p>
<b>5</b> <i>2: Smile w/ a friend</i>	<b>6</b> <i>3: Call a parent or guardian to say thank you</i>	<b>7</b> <i>4: Learn the name of one of your neighbors</i>	<b>8</b> <i>5: Reconnect w/ an old friend</i>	<b>9</b> <i>6: Join a hobby club e.g. book club, sports, etc</i>	<b>10</b> <i>7: Tell someone you're grateful for them</i>	<b>11</b> <b>Healing Connections: Open Mic Event</b>	
<b>12</b> <i>8: Let someone know if you're having a hard time</i>	<b>13</b> <i>9: Dance with a friend</i>	<b>14</b> <b>Mindfulness Meditation</b>	<b>15</b> <b>Tap Into Wellness</b> ----- <b>Supporting &amp; Caring for Trans Youth</b>	<b>16</b> <i>10: Share a song with someone</i>	<b>17</b> <i>11: Spend quality time with a friend</i>	<b>18</b> <i>12: Sing with someone</i>	
<b>19</b> <i>13: Offer to help someone with a task</i>	<b>20</b> <b>May Mindfulness Day</b>	<b>21</b> <i>14: Give someone a hug</i>	<b>22</b> <i>15: Volunteer for a local organization</i>	<b>23</b> <b>Finals Wellness Fair</b>	<b>24</b> <i>16: Thank someone for a time they helped you</i>	<b>25</b> <i>17: Have a meaningful conversation w/ someone</i>	
<b>26</b> <i>18: Check -in with someone</i>	<b>27</b> <i>19: Treat someone to a beverage or snack</i>	<b>28</b> <i>20: Schedule a hangout with a friend</i>	<b>29</b> <i>21: Share a fond memory with someone</i>	<b>30</b> <i>22: Compliment someone</i>	<b>31</b> <i>23: Tell someone how much they mean to you</i>	<b>1</b>	



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## CALENDAR OF EVENTS & 23-DAY MENTAL HEALTH CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Legend
26	27	28 <b>MTB Ride to Butano State Park</b>	1 <b>Pathways</b>	2 <i>1: Practice deep breathing</i>	3 <b>Lift Your Voices: An Open Mic Event</b>	4 <b>Hearts, Minds and Hands</b>	<p><b>BOLD</b> = Event</p> <p><i>Italics</i> = 23-Day Challenge</p> <p>For more info about events visit <a href="https://SMCHHealth.org/attend-events">SMCHHealth.org/attend-events</a></p>
5 <i>2: Dance to your favorite music</i>	6 <i>3: Go for a mid-day walk</i>	7 <i>4: Try something creative</i>	8 <i>5: Make your favorite meal</i>	9 <i>6: Spend time with a friend</i>	10 <i>7: Learn a new skill</i>	11 <b>Healing Connections: Open Mic Event</b>	
12 <i>8: Treat yourself!</i>	13 <i>9: Have a laugh</i>	14 <b>Mindfulness Meditation</b>	15 <b>Tap Into Wellness</b> ----- <b>Supporting &amp; Caring for Trans Youth</b>	16 <i>10: Call someone you miss</i>	17 <i>11: Spend time on a hobby</i>	18 <i>12: Sing along to music</i>	
19 <i>13: Spend time outside</i>	20 <b>May Mindfulness Day</b>	21 <i>14: Try a new exercise class</i>	22 <i>15: Start your day with a glass of water</i>	23 <b>Finals Wellness Fair</b>	24 <i>16: Do a 5-minute meditation</i>	25 <i>17: Treat yourself to your favorite beverage</i>	
26 <i>18: Repeat a positive affirmation</i>	27 <i>19: Write down 3 goals for the week</i>	28 <i>20: Read outside</i>	29 <i>21: Schedule something fun</i>	30 <i>22: Write something good that happened</i>	31 <i>23: Tell someone how much they mean to you</i>	1	

