

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 Pathways	2 <i>1: Share a laugh with someone</i>	3 Lift Your Voices: An Open Mic Event	4 Hearts, Minds and Hands	BOLD = Event <i>Italics</i> = 23-Day “Heal Through Connection” Challenge! For more info about events visit SMCHHealth.org/attend-events
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 Healing Connections: Open Mic Event	
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 Mindfulness Meditation	15 Tap Into Wellness ----- Supporting & Caring for Trans Youth	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 May Mindfulness Day	21 <i>14: Give someone a hug</i>	22 <i>15: Volunteer for a local organization</i>	23 Finals Wellness Fair	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	

