


# Mental Health Tips & Activities that you can do each day during the month of May

Try these and check off each day as you go!

# May 2025

MON	TUES	WED	THURS	FRI	SAT/SUN
			01 Controlled Breathing is the first step for most relaxation technique. Practice Controlled Breathing while counting up to 10 and back to 1.	02 Focus on sleep. Turn off screens 30 minutes earlier before bed than usual.	03/04 Avoid looking at your phone for the first hour you wake up.
05 Start a gratefulness journal. Write down all the positive things in your life.	06 Do something active outside. Hike, walk, bike ride.	07 Take 10-15 minutes to engage in a hobby-something you enjoy (especially if) there is no purpose to it.	08 Practice Visualization Meditation. Close your eyes for 2 minutes and visualize something that brings you joy.	09 Limit Social Media use. Cut the time you spend on social media to half of your usual time.	10/11 D Donate something- donate food to a pantry, donate blood (or schedule a time at a blood drive), donate old clothes or toys.
12 Write in your gratefulness journal about what you are grateful for NOT having to do today!	13 Avoid overly processed foods/ junk foods. If you already do this, is there another way to eat cleaner?	14 Do something positive for someone else. Help someone, give a compliment	15 Practice Mindfulness. You can do this with or without focusing on breathing - just be in the moment.	16 Delete/ uninstall apps which do not bring you peace or take up too much of your time.	17/18 Attention is the most basic form of love. Give your full and complete attention to your family members this weekend.
19 Write down your strengths in your journal. What are you proud of doing or overcoming?	20 Have protein and vegetables with every meal - including breakfast.	21 Laugh. Find humor in a book, TV, movie, comic, recall a past event. Ask your parents or kids what they find funny and watch or read with them.	22 Practice Breathing with Progressive Muscle Relaxation.	23 Unsubscribe to emails that you don't need and overwhelm your inbox.	24/25 Tell someone how much they mean to you, say "thank you" to someone else, write a thank you letter to a family member or friend.
26 Memorial Day* Make a card or put together a care package for soldiers who are overseas. (see organizations below)	27 Avoid/limit all foods that have added sugars.	28 Try something new. Do something you usually do not do- read, write, exercise, cook, listen to a different genre of music.	29 Go for a walking meditation - a mindfulness exercise that can combine being outdoors in nature, physical activity of walking and relaxation.	30 There are things we can control and things we can't. Write down what you can't control and what you can (and need to). Let go and let be.	31 Redo you favorite item from this calendar (or least favorite!)

\*Memorial Day - Organizations that will help connect to veterans, soldiers or families of those who are serving overseas: Operation We Are, Military Missions, Soldiers' Angels, and A Million Thanks.

May is Children's Mental Health Awareness Month. Visit [annapolispediatrics.com](http://annapolispediatrics.com) for more resources, articles and videos on Mental and Behavioral Health.