May is
Mental Health Awareness Month
31 days of self-care
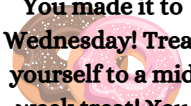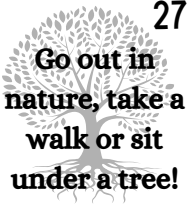
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Start the month of right by getting 8 hours of sleep tonight!	**2** Before starting the day, turn the lights off and sit quietly for 5 minutes.	**3** Have a screen free afternoon once school or work ends.	**4** Take time to review your camera roll for 15 minutes and reflect on "good times"	**5** Jam to your favorite song and maybe sing along!	**6** Explore a new attraction in your city.
7 Bake or buy a yummy treat to have in your lunch this week.	**8** Say this phrase three times, I am worthy!	**9** Step outside for 5 minutes during your planning or break, enjoy the frersh air!	**10** Send a text to 2 friends and let them know you are thinking of them.	**11** Take five minutes to stretch and release tension.	**12** "Wear Green Day" in honor of mental health awareness	**13** Go to the beach and watch the sunset!
14 Take a nap or find a quiet moment for yourself.	**15** Work on a puzzle or craft - put your phone away!	**16** Send a text to friends and let them know you were thinking about them.	**17** POSITIVE VIBES Write down 10 things that went well for you this week.	**18** Commit to 24 hours of no complaining.	**19** Leave work at work!	**20** Host a game night with family and friends.
21 List all your problems and worries and then rip them up!	**22** Go for a run or walk after school today!	**23** Declutter your car, room or your desk.	**24** You made it to Wednesday! Treat yourself to a mid week treat! You are sweet!	**25** Make an appointment for your yearly check-up.	**26** Call a friend or family member and meet for dinner.	**27** Go out in nature, take a walk or sit under a tree!
28 Text or write a letter to a friend or family member letting them know how special they are to you!	**29** Stop comparing yourself to others and tell yourself something nice!	**30** Wear that outfit, shoes, etc. you have been saving for just the right occasion.	**31** Journal on the prompt below! Congrats on 31 days of self care!			

Keep In Mind...

You can't pour from an empty cup!

Almost everything will work again if you unplug it for a few minutes, including you!

I am committed to bettering myself, for me and only me!

An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly

Taking care of myself doesn't mean "me first". It means me, too.

Reflect: Which practices worked well for you? How did self care impact your learning and interactions with others?