

# May

## Mental Health Awareness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> May Day - make a basket and fill it with candy for someone	<b>2</b> Have a phone tree night	<b>3</b> Start a journal	<b>4</b> Have a "ME" day	<b>5</b> Start a new novel	<b>6</b> Write down 5 things you are grateful for
<b>7</b> Plan a healthy meal	<b>8</b> Start your day with a healthy breakfast	<b>9</b> Go to bed early	<b>10</b> Have a healthy eating day	<b>11</b> Learn a new recipe	<b>12</b> Smile it's Friday! Drink 8 glasses of water	<b>13</b> Compliment someone today
<b>14</b> Happy Mother's Day! Give a loved one a hug	<b>15</b> Have lunch with a friend	<b>16</b> Inquire on places to volunteer	<b>17</b> Do a random act of kindness	<b>18</b> Donate to a food drive or local shelter	<b>19</b> Have a family movie night	<b>20</b> Pick up litter in your yard or neighbourhood
<b>21</b> Call a friend or family member for a recreational activity	<b>22</b> Go for a walk	<b>23</b> Practice Yoga	<b>24</b> Do your favourite activity for 20 minutes	<b>25</b> Take a five minute stretch	<b>26</b> Meditate for five minutes	<b>27</b> Take the steps instead of the elevator or escalator
<b>28</b> Make someone laugh	<b>29</b> Wear your favourite colour	<b>30</b> Listen to your favourite song	<b>31</b> Celebrate YOU!			

#wellnesschallenge #MentalHealthAwareness #My Story #ACRC



**ATLANTIC CANADA**  
**REGIONAL COUNCIL OF CARPENTERS**  
**MILLWRIGHTS AND ALLIED WORKERS**