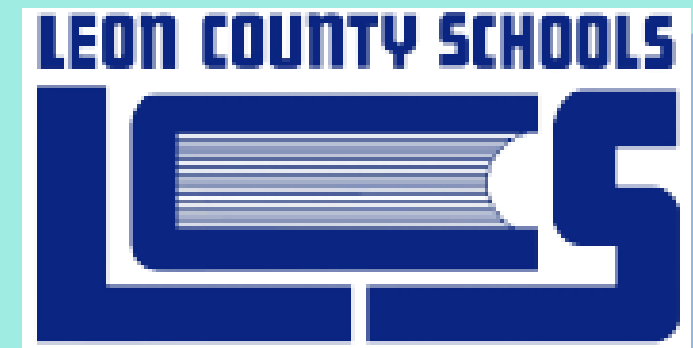



Mental Health May



**HAPPINESS IS NOT SOMETHING YOU POSTPONE FOR THE FUTURE;
IT IS SOMETHING YOU DESIGN FOR THE PRESENT.**

SUN	MON	TUE	WED	THU	FRI	SAT
"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain						1. Treat everyone with kindness today, including yourself!
2. Turn off digital devices and really listen to people.	3. Thank someone and tell them how they made a difference for you.	4. Ask a friend how they have been feeling recently.	5. Get moving. Do something physically active, ideally outdoors.	6. Eat mindfully. Appreciate the taste, texture, & smell of your food.	7. Get outside and notice how the weather feels on your face.	8. Make an effort to have a friendly chat with a neighbor.
16. Look for reasons to be hopeful, even in difficult times.	10. Give positive comments to as many people as possible today.	11. Listen to a piece of music without doing anything else.	12. Try taking a walk after dinner twice a week.	13. Share what you are feeling today with someone you really trust.	14. Let someone know how much you appreciate them and why.	15. Notice 5 things that are beautiful in the world outside.
16. Do an act of kindness to make life easier for someone else.	17. See how many different people you can smile at today.	18. Mentally scan down your body and notice what it is feeling.	19. Turn the music up loud and have a dance party!	20. Take 5 minutes to sit still and just breathe.	21. Leave a positive message for someone else to find.	22. Make a meal using an ingredient you've not tried before.
23. Connect with someone from a different generation.	24. Overcome a frustration by trying out a new approach.	25. Take three calm breaths at regular intervals during your day.	26. Try doing push-ups during commercials while you watch TV.	27. Congratulate someone for an achievement that may go unnoticed.	28. Share a happy memory or inspiring thought with a loved one.	29. Make a list of new things you want to do this summer.
30. Write down your hopes or plans for the future.	31. Go to bed on time and give yourself a recharge.	 "The only way to have a friend is to be one" - Ralph Waldo Emerson		For more information about Mental Health in Leon County Schools visit: https://www.leonschools.net/mentalhealth		