



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Your health includes both mental and physical health. There are ways to improve your mental health and well-being. Take time for your mental health by participating in these daily activities.

1
Visualize a tranquil scene.

2
Work on a puzzle.

3
Try cooking or baking with a new recipe.

4 Share how you've been feeling with someone you really trust.

5 Notice if your shoulders are tight or hunched and gently lower and relax them.

6 Write down three things you can appreciate about yourself.

7 Go to bed early enough to get 7-8 hours of quality sleep.

8 Draw a picture or color in a coloring page.

9 Listen to music and close your eyes to take in a favorite song.

10 Journal for five minutes, writing whatever comes to mind.

11 Set a realistic goal and outline the steps you can take to achieve it.

12 Take a walk or stroll outside and notice your surroundings.

13 Try a brief guided meditation.

14 Get at least 15 minutes of sunshine.

15 Write down three things that went well today.

16 Compile a short list of quotes that resonate with you.

17 Read something you enjoy for twenty minutes.

18 Listen to a podcast that interests you or just to learn something new.

19 Take a proactive break to clear your mind and recharge.

20 Watch a funny video or look at funny memes. Share with a friend or loved one.

21 Do some gentle stretching.

22 Take a deep belly breath in through your nose and exhale through your mouth.

23 Do something kind for someone else.

24 Forgive yourself for something you've been holding on to.

25 Write down three things and/or people you feel grateful for.

26 Declutter a small area of your home or office.

27 Unplug for an hour. Leave your device(s) charging in another room.

28 Move your body in a way that feels joyful and healthy for you.

29 Give yourself a hug. Wrap your arms around yourself.

30 Call a friend you haven't spoken to in a while.

31 Celebrate all the actions you took this month to support mental health.

Which actions will you continue with through the year?

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Mental Health Awareness
Month activity calendar