


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

# May 2024

Try these and check off each day as you go!



MON	TUES	WED	THURS	FRI	SAT/SUN
		01 Start a journal - write, type or dictate thoughts on paper or an electronic device.	02 Practice Controlled Breathing while counting	03 Turn off screens 30 minutes earlier before bed than usual.	04/05 Avoid shifting your sleep by more than 1 hour- wake up and go to sleep no later than your usual wake up time.
06 What are you grateful for today? Say or write down 3 positive things in your life.	07 Drink more water. Carrying a water bottle with you can be helpful as a reminder.	08 Take 10-15 minutes to engage in a hobby- something you enjoy (especially if) there is no purpose to it.	09 Practice Controlled Breathing and add a visualization technique like noticing your 5 senses.	10 Limit Social Media use- cut the time you spend on social media to half of your usual time.	11/12 Do something active outside. Hike, walk, bike ride.
13 What are you grateful for not having to do today? Say or write down 3 things you don't want to do that you don't have to do.	14 Avoid overly processed foods/ junk foods. If you already do this, is there another way to eat cleaner?	15 Do something positive for someone else. Help someone, give a compliment	16 Practice Mindfulness. You can do this with or without focusing on breathing - just be in the moment.	17 Delete/ uninstall apps that do not bring you peace or take up too much of your time. Set "away messages" if you have FOMO.	18/19 Walking meditation is a mindfulness exercise that can combine being outdoors in nature, physical activity of walking and relaxation.
20 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.	21 Have protein and vegetables with every meal - including breakfast.	22 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.	23 Practice Breathing with Progressive Muscle Relaxation.	24 Unsubscribe to emails that you don't need and overwhelm your inbox.	25/26 If you are sedentary at home, take short breaks with physical activity. If you are not sedentary on weekends, skip to the bonus box below.
27 Say or write down your strengths. What are you proud of?	28 Avoid/limit all foods that have added sugars.	29 Try something new. Do something you usually do not do - read, write, exercise, cook, listen to a different genre of music.	30 Practice Breathing with color visualization.	31 Turn off screens 30 mins earlier before bed than usual and reflect on this past month. Do you want to challenge yourself to another month?	<b>BONUS:</b> 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.

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.

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