



MAY

Self-Care Calendar

MON

TUE

WED

THU

FRI

**BREAK
THE
Stigma**

1
Whatever you do
today let it be
enough

2
Let go of other
people's
expectations of
you

3
Send a positive
text to someone
who needs it

4
Apply your
strengths into
your existing
responsibilities

5
Talk to the people
around you and
get support if
needed



8
Talk about food
and nutrition
with a trusted
adult

9
Add a variety of
different colored
veggies to dinner

10
Check in about
healthy lunch
habits with a
friend today

11
Eat one fruit or
vegetable with
lunch today

12
Share one thing
you learned
about nutrition
and balance



15
Write down 3
positive
affirmations for
the week

16
Remind yourself
to be kind to
yourself and
others

17
Share a happy
memory with
someone

18
Whatever you do
today let it be
enough

19
Celebrate a small
achievement this
week



22
Take a break, and
do something nice
for someone

23
Do something
that makes you
feel confident all
the time

24
Make exercise fun
by including
music and friends

25
Maintain your
friendships by
connecting in a
new way

26
Get active and move
your body however
you can for 20-30
minutes

**MENTAL
HEALTH
AWARENESS
MONTH**



30
YOU ARE
ENOUGH
DON'T FORGET
THAT

31
ASKING
FOR HELP IS
OK



Scan to visit
our website for
more resources

