



Mental Health Association in New York State, Inc.

MAY

is Mental Health Awareness Month



Daily Self-Care Suggestions

**Choose one or two of the following each day in May
to support your mental health and wellness!**

- Watch a movie or an episode of your favorite TV show.
- Go for a hike.
- Get physical - do an hour of physical activity.
- Plan a schedule of when your bills are due.
- Meal prep for the week for a healthy lunch.
- Read for an hour.
- Before or after work take a walk.
- Take the stairs.
- Try a new recipe.
- Get a haircut.
- Listen to your favorite music.
- Attend a local sports event.
- Do some mindful breathing.
- Take time to recycle.
- Set a goal of 8 glasses of water for the day.
- Create breaks in your work schedule.
- Learn something new.
- Rearrange your living or work space.
- Go for a drive.
- Plan a weekend getaway.
- Try a new hobby.
- Plan to get a full 8 hours of sleep.
- Spend an hour doing something you enjoy.
- Go to the gym.
- Spend the day exploring your neighborhood.
- Make a phone call to a friend or family member who you haven't seen in a while.
- Grab lunch or coffee with a friend.
- Organize your email.
- Do something you enjoy that you haven't done in a while.
- Look up DIYs and build something.
- Did you know it takes more muscles to frown than to smile?
- Volunteer.
- Stay off social media for the entire day.
- Take a 15-minute lunch break walk.
- Go shopping.
- Try a new restaurant.
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