

#Share Sunday	#MentalHealth Monday	#SelfCare Tuesday	#Winning Wednesday	#SelfCare Thursday	#FamilyFriends Friday	#SelfCare Saturday
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Take the

Positivity Pledge

May

							1 Get ready!
Nutrition & Well Being	2 Post something on social media.	3 Learn about the connection between nutrition and mental health. Share it.	4 Make a healthy snack to boost your mental health.	5 Spread the love by sending out a healthy snack to those in need.	6 Find a relaxing activity and focus on me-time.	7 Prepare a healthy meal for your family/friends.	8 Find a healthy stress reliever.
	9 Share your progress!	10 Identify your trusted friends, family, adults.	11 Make a list of who/what you are grateful for...	12 Show your gratitude.	13 Make a list of traits you love about yourself.	14 Make a connection.	15 Make a list of the traits you love about someone else.
Exercise	16 Remind folks about your pledge!	17 Learn about the connection between exercise and mental health. Share it.	18 Exercise!	19 Move and do good.	20 Exercise!	21 Play a game.	22 Exercise!
	23 Send out positive messages.	24 Learn about other's mental health.	25 Find a relaxing activity.	26 Perform kindness.	27 Self-Reflect.	28 Reach out to someone in need.	29 Meditate and chill.
	30 Share a recap.	31 Take time to reflect on your journey and how you can make changes in the future.					



May in Mental Health Awareness Month

Join Erika's Lighthouse in our 31-day challenge to put some good in the world. Check out ideas and examples for each day at www.ErikasLighthouse.org/Positivity. Access important resources and information at www.ErikasLighthouse.org/Together.