



Join Erika's Lighthouse this **May for Mental Health Awareness Month** as we work to put some good in the world

# Take the Positivity Pledge

The Positivity Pledge is your opportunity to commit to 31 days focused on positive actions, helping others, selfcare, and establishing good habits for positive mental health.

**May** is mental health awareness month



|                                   | #Share Sunday   | #MentalHealth Monday  | #SelfCare Tuesday  | #Winning Wednesday   | #SelfCare Thursday   | #FamilyFriends Friday  | #SelfCare Saturday  |
|-----------------------------------|---|---|--|--|--|--|---|
| <b>Nutrition &amp; Well-Being</b> | <a href="#">f Erika's Lighthouse</a><br><a href="#">@ Erikas.lighthouse</a> | <a href="#">t Erikas_LH</a><br><a href="#">in Erika's Lighthouse</a>                          |  | Learn about the connection between nutrition and mental health. Share it. <b>1</b> | Find a relaxing activity and focus on me-time. <b>2</b>          | Prepare a healthy meal for your family/friends. <b>3</b>   | Find a healthy stress reliever. <b>4</b>                            |
| <b>Gratitude</b>                  | <b>5</b><br>Share your progress!  | <b>6</b><br>Identify your trusted friends, family, adults.                                    | <b>7</b><br>Make a list of who/what you are grateful for.              | <b>8</b><br>Show your gratitude.   | <b>9</b><br>Make a list of traits you love about yourself.       | <b>10</b><br>Make a connection.  | <b>11</b><br>Make a list of the traits you love about someone else. |
| <b>Exercise</b>                   | <b>12</b><br>Remind folks about your pledge!                                | <b>13</b><br>Learn about the connection between exercise and mental health. Share it.         | <b>14</b><br>Exercise!   | <b>15</b><br>Move and do good.   | <b>16</b><br>Exercise!   | <b>17</b><br>Play a game.  | <b>18</b><br>Exercise!  |
| <b>Mindfulness</b>                | <b>19</b><br>Send out positive messages.                                    | <b>20</b><br>Learn about other's mental health.   | <b>21</b><br>Find a relaxing activity.                                 | <b>22</b><br>Perform kindness.   | <b>23</b><br>Self-Reflect.                                       | <b>24</b><br>Reach out to someone in need.   | <b>25</b><br>Meditate and chill.                                    |
| <b>Reflection</b>                 | <b>26</b><br>Share a recap of the pledge.                                   | <b>27</b><br>Take time to reflect on your journey and how you can make changes in the future. | <b>28</b><br>You did a great job. Relax & take some time for yourself. | <b>29</b><br>Write down 3 things you found helpful from this pledge.               | <b>30</b><br>Make a list of the activities that you enjoy doing. | <b>31</b><br>Post and share with family and friends about you taking the Pledge on social media. |   |





## April 30 - Post Something on Social Media

- Share that you've taken the Positivity Pledge with friends & family and encourage them to join you!

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## May 1 - Learn about the connection between Mental Health & Nutrition

- Play "[Good Mental Health is for Everyone Jeopardy](#)" with friends or family or by yourself.
- Check out our [Depression Toolbox](#) for additional information.
- Read these articles and share what you learned with friends online:
  - [Nutritional Psychiatry: Your Brain on Food](#)
  - [The Link Between Food and Mental Health](#)
  - [Food and Mood: How Do Diet and Nutrition Affect Mental Wellbeing?](#)

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## May 2 - Find a relaxing activity and focus on me-time

- Work on creating a photo book — it could be related to a time period, age, or theme.
- Have fun making play dough. You can even add essential oils to make aromatherapy dough! [Check out recipes here.](#)
- Pop some popcorn and watch your favorite movie.
- Write a journal entry.

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## May 3 - Prepare a healthy meal for your family/friends

- [Check out these recipes.](#)
- Plan a healthy meal for your family and if possible, prepare and cook.
- Share recipes with your family and friends around the world you can all enjoy together.
- Find a local, healthy restaurant you can support for dinner.
- Order dinner from a local, healthy restaurant and have it delivered to friends or family.

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## May 4 - Find a healthy stress reliever

- Make a Stress Ball to maintain your stress level and stay balanced. [Instructions here.](#)
  - Consider meditation, breathing exercises or other activities that may help.
  - Take a walk, sit outside.
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## May 5 – Share your progress!

- Post a social media update for your friends and family on your progress with the Positivity Pledge!
- Share with your family and friends what you are grateful for to kick off gratitude week.
- Make sure to tag Erika's Lighthouse!

## May 6 – Identify your trusted friends, family, adults

- Write down 3 trusted family members, friends or adults you could go to if you were feeling down and needed help. Thank them!
- Tag them on social media to boost their spirits and know you care.

## May 7 – Make a list of who/what you are grateful for

- Create a vision board of all the things you are looking forward to in the coming months. [Get started here.](#)
- Start a Gratitude Jar or Gratitude Journal and see if you can do it for the entire month! [Read more here.](#)

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## May 8 – Show your gratitude

- Offer to help a friend, family member, or an elderly neighbor.
- Complete a Positivity BINGO this month! (find it below)

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## May 9 – Make a list of traits you love about yourself

- Think about what you love about yourself and write them down. They can be about your personality, appearance, morals and ethics, beliefs or anything! Nothing is too small to appreciate.

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## May 10 – Make a connection

- Set up a video chat with family or friends while eating, playing a game, or watching a show and feel like you are together.
- Reach out to an extrovert that may be struggling right now.

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## May 11 – Make a list of the traits you love about someone else

- Think about what you love about someone else and write it down! It can be about their personality, appearance, morals and ethics, beliefs or anything! Nothing is too small to appreciate. Consider sharing it with them.



## May 12 – Remind folks about your pledge!

- Post a social media update for your friends and family on your progress with the Positivity Pledge!
  - Post on social media about your pledge.
  - Make sure to tag Erika’s Lighthouse!
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## May 13 – Learn about the connection between exercise & mental health

- Share on social media 2-3 ways to improve your mental health.
  - Ask your friends how they do it!
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## May 14 – Exercise

- Do some yoga! [Check out Yoga with Adriene.](#)
  - Share your favorite yoga pose and tag us.
  - Take a mindfulness walk.
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## May 15 – Move and do some good

- If the weather is cooperating, take a walk while picking up trash. Make sure to wear gloves and bring a bag to collect the trash.
  - Take a mindfulness walk.
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## May 16 – Exercise

- Create a playlist of 10 songs or more that get you motivated to be active and ask your friends and family to add to it!
  - Take a mindfulness walk.
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## May 17 – Play a Game

- Play a game that doesn’t include technology: puzzles, card games, board games.
  - Play a round or more of Charades with your family or friends.
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## May 18 – Exercise

- Start a new healthy habit for the future.
- Take a mindfulness walk.



## May 19 - Send out positive messages

- Share a positive message with 5 different friends via phone, text, email, or social media.
- Complete a Positivity BINGO this week!
- Collect your favorite memes from online and send them out by tagging friends.

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## May 20 - Learn about other's mental health

- Share on social media 2-3 ways to improve your mental health.
- Ask your friends how they do it!

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## May 21 - Find a relaxing activity

- Go on a virtual tour of a museum or national park.
- Grab some colored pencils and choose a teenage coloring page! [Check them out here.](#)
- Listen to relaxing music.

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## May 22 - Perform kindness

- Spread goodness through five random acts of kindness online, at school or with neighbors.
- Send random gift cards, flowers or other special treats to people you love.

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## May 23 - Self-Reflect

- Stress is normal, but too much stress increases the risk for health problems like depression. Name 4 things that can cause stress and how you can avoid them!
  - Explain how you know you are stressed. How do you experience it in your body? Why is it important to be aware of your own personal stress indicators?
  - After naming 4 things that caused stress, list 4 ways to avoid or reduce stress in your life.

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## May 24 - Reach out to someone in need

- Go to [Teens on ErikasLighthouse.org](https://teenson ErikasLighthouse.org) to learn about depression, what it looks like and how to help yourself or a friend in need.
- Do you have a friend you are worried about? [Read more about how to help a friend in need](#), then reach out to them!

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## May 25 - Meditate and chill

- Download a relaxation or meditation app such as Headspace, Calm, Colorfy or Stop, Breathe & Think, and try it out as a healthy coping strategy. [Read about it here.](#)



## May 26 – Share a recap

- Send a recap to your family and friends about how the Positivity Pledge changed your outlook!
  - Identify three activities you are going to try to make part of your routine.
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## May 27 – Reflect & Change

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## May 28 – You did a great job! Relax and take some time to yourself!

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## May 29 – Write it down

- Write down 3 things you found helpful from this pledge.
  - What is something you can do more often that brought you joy?
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## May 30 – Make a list

- Reflect on the activities that make you feel happy.
  - Make a list of the activities that you enjoy doing.
  - Think of prioritizing these in your schedule as often as you can.
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## May 31 – Post about your experience taking the pledge on Social Media



# is mental health awareness month

# May

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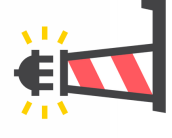
Nutrition & Well-Being

Gratitude

Exercise

Mindfulness

Reflection



Erika's Lighthouse

Don't forget to tag Erika's Lighthouse and use the hashtag #PositivityPledge2024 on social media so we can share all the amazing things you're doing to spread positivity in your school communities!

# Positivity

## BINGO

Give a friend a compliment

Do something nice for someone

High five your neighbor

Take five deep breaths

Tell a family member you love them

Appreciate something beautiful

Go for a walk with a friend or pet

Meditate for one minute

Check in with a friend

Help someone in need

Think of something you're proud of

Do 15 minutes of stretching



FREE SPACE

Write down three things you are grateful for

Do 10 jumping jacks

Donate to a charity or foodbank

Declutter your space

Ask someone about their day

Do a chore for someone in your family

Start a new book

Support a small business

Volunteer for a few hours

Try a new hobby

Help a friend or sibling with their homework

Treat yourself for spreading positivity



Remember to tag Erika's Lighthouse and use the hashtag **#PositivityPledge2024** on social media so we can share all the amazing things you're doing to spread positivity in your school communities!



Erika's Lighthouse



erikas.lighthouse



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