

Mind Matters

Mental Health Awareness Month Challenge



MAY 2026

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Directions |
|---|---|--|--|---|---|---------------------------------------|--|
| | | | | 1 Take 3 slow deep breaths | 2 Identify one positive thing about today | 3 Stretch for 5-10 minutes | <p>Complete one simple mental health challenge each day.</p> <p>Tasks can be completed at home or at work.</p> <p>Once you complete an activity, check it off.</p> <p>Activities don't need to be completed on the date indicated.</p> |
| 4 Step away from your screen once per hour | 5 Check in with a coworker | 6 Go to bed 30 minutes earlier | 7 Identify 3 common stressors | 8 Go for a 10-15 minute walk | 9 Review finances and create/update budget | 10 Do something kind for someone | |
| 11 Listen to calming music | 12 Reduce caffeine intake | 13 Take a lunch break | 14 Write down 3 things you are grateful for | 15 Talk to someone or schedule appt with therapist | 16 Walk one mile or say no to something | 17 Sleep for 7-9 hours | |
| 18 Don't drink sugary beverages | 19 Write down one thing to let go of | 20 Create a to-do list and prioritize | 21 Read something for enjoyment | 22 Say hello to a colleague | 23 Make today a no alcohol day | 24 No caffeine after 3PM | |
| 25 Put down phone 60 min before bed | 26 Take a 5 minute walking break | 27 Share a positive message | 28 Try a guided imagery exercise | 29 Note 5 positive things about yourself | 30 Call a family member or friend | 31 Declutter and organize a closet | |

Name: _____