


# MAY 2021

## FELTON'S MAY HEALTH CALENDAR MENTAL HEALTH AWARENESS MONTH

SAT	SUN	MON	TUES	WED	THURS	FRI
1 Get outside	2 Hydrate!	3 Start a gratitude journal	4 Thank a Teacher Day	5 Call a friend	6 Do something active!	7 Be kind to yourself
8 Establish an exercise routine	9 Mother's Day! Look at old photos	10 Add a whole grain to your meal	11 Think of things you're proud of	12 Make time to meditate	13 Use your support systems	14 Breathe deeply
15 Spend time with family	16 Write down your goals	17 Donate to your favorite charity	18 Self care day	19 Look to a role model	20 Plan for possible setbacks	21 Learn to cook something new
22 Find inspiration to support goals	23 Do something fun!	24 It's ok to not be ok	25 Trust in others	26 Breathe deeply!	27 Keep up the exercise	28 Cultivate mindfulness
29 Be honest with yourself	30 Get a good night's rest	31 Memorial Day! Go on a picnic	 <b>FELTON INSTITUTE</b>			