MAY IS
Mental Health Awareness Month

REACH OUT.
check in.

				1 Write down three self-care goals for the month	2 Spend time in nature	3 Scan your body and notice how you feel
4 Unplug at least an hour before bed	5 Move your body for 20 minutes	6 De-stress and unwind with a hobby	7 Go to bed 30 minutes early	8 Listen to your favorite music	9 Support a cause you care about	10 Spend 10 minutes journaling
11 Send a thank you note or text to someone in your life	12 De-clutter and organize one space at home or at work	13 Take 10 deep breaths and see how you feel	14 Be gentle with yourself when you make a mistake	15 Wear green to support mental health awareness	16 Do something kind for someone	17 Sit still for 5 minutes and just breathe
18 Call a friend to connect	19 Drink only water today	20 Allow yourself time to rest and reset today	21 Write down something good that happened today	22 Donate something you never use	23 Set boundaries with yourself and others	24 Go for a walk outside
25 Have a “no plans” afternoon and notice how that feels	26 Share a meal with family or friends	27 Try a creative activity	28 Text a friend just to check in	29 Make a list of 3 traits you love about yourself	30 Treat yourself to something special	31 Do something that makes you happy

Monthly Goals

Follow us for more information and resources at **www.reachouthallco.org**

UNITED WAY Of Hall County | REACH OUT.