MAY IS
Mental Health Awareness Month

REACH OUT. check in.

YOUR MENTAL HEALTH MATTERS

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

Monthly Goals

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

UNITED WAY of Hall County | REACH OUT.