


MAY IS MENTAL HEALTH MONTH

2022

TIPS FOR MAY AND EVERY DAY!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SLEEP WELL SUNDAY <i>Get to bed!</i> Youth ages 6-13 need 9-11 hours of sleep and youth 14-17 need 8-10 hours of sleep.	2 MINDFUL MONDAY <i>Sit quietly for 3 minutes and write a list of all of the things that make you happy.</i> https://www.mindful.org	3 TASTY TUESDAY <i>Eat a rainbow of 7 fruits and veggies.</i> https://www.wholekidsfoundation.org/	4 WELLNESS WEDNESDAY <i>Walk or ride a bike to school!</i>	5 THOUGHTFUL THURSDAY <i>Say something kind to someone. A kind-worded text will work too!</i>	6 FITNESS FRIDAY <i>Ditch the video games, turn the TV off and go outside to play.</i>	7 STRESS FREE SATURDAY <i>Listen to your favorite song to take your mind off of everything else.</i>
8 SLEEP WELL SUNDAY <i>Turn off the computer, TV and cell phones an hour before bed - the lights and sounds confuse your mind into thinking that it's still time to be awake.</i>	9 MINDFUL MONDAY <i>Say thank you to all of the people who care about you like your parents, teachers, crossing guard, bus driver, lunch aides, coaches and everyone!</i>	10 TASTY TUESDAY <i>Fill half of your plate with fruits and veggies at each meal.</i>	11 WELLNESS WEDNESDAY <i>Replace your sports drink, juice, soda or other sugary drink with water today.</i>	12 THOUGHTFUL THURSDAY <i>Invite someone new to sit at your lunch table with you and your friends.</i>	13 FITNESS FRIDAY <i>Walking is great for your bones and overall health! Take a 20 minute walk with a friend or family member.</i>	14 STRESS FREE SATURDAY <i>Go outside and find 5 things that make you smile.</i> https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en_US&q=US
15 SLEEP WELL SUNDAY <i>Go to bed and wake up at the same time every day. This helps to keep your body's natural rhythms running on schedule.</i>	16 MINDFUL MONDAY <i>Sit for 60 seconds and focus solely on your breathing – inhale slowly through your nose and blow out slowly through your lips.</i>	17 TASTY TUESDAY <i>Use www.myplate.gov to plan a family meal today and eat together as a family as often as possible.</i>	18 WELLNESS WEDNESDAY <i>Go outside and jump rope, throw a ball, ride a bike, play Hopscotch or visit a local park.</i>	19 THOUGHTFUL THURSDAY <i>Tell someone why you are grateful to know them.</i> www.kidsforgratitude.com	20 FITNESS FRIDAY <i>Gardening is a great way to connect with nature. Plant seeds to grow healthy things to eat or beautiful flowers to look at.</i>	21 STRESS FREE SATURDAY <i>Grab your crayons or colored pencils and go outside to color a page or draw your own design.</i> www.supercoloring.com
22 SLEEP WELL SUNDAY <i>Don't eat right before going to bed – it can mess up your belly and sends a message to your brain that it's still awake time.</i>	23 MINDFUL MONDAY <i>Write "I Can ..." across the top of a sheet of paper then list the things you do to cope with stuff that makes you upset. Keep the list and read it often.</i>	24 TASTY TUESDAY <i>Try something new! Taste a new fruit or veggie. Keep trying new foods as your tastebuds change as you grow.</i>	25 WELLNESS WEDNESDAY <i>Investigate your family's health history. The more you know, the better you can take care of yourself.</i> https://www.healthyywa.wa.gov.au/Articles/U_Z/Your-family-health-history	26 THOUGHTFUL THURSDAY <i>Help your neighbors by collecting things to donate to your local food pantry.</i>	27 FITNESS FRIDAY <i>Try a new activity that gets you moving like yoga, frisbee, skateboarding or hiking.</i>	28 STRESS FREE SATURDAY <i>Turn off the TV, put down the phones and play a board game or do a puzzle.</i>
29 SLEEP WELL SUNDAY <i>Use the bed only for sleeping, not as a place for homework, eating or watching TV so your body knows the bed = sleep.</i>	30 MINDFUL MONDAY <i>Log onto www.2ndfloor.org to learn and share the info with your friends, family and teachers.</i>	31 TASTY TUESDAY <i>Power up with whole grain. Fuel your body with nutrient-packed foods. For ideas: www.eatingwell.com</i>	 <i>Help for today, hope for tomorrow.</i> www.cbhcare.org		