

31 MORE GOOD DAYS *together*

3
Journaling can help you process your experiences. Grab some paper or a nice new journal and notice how you feel when you're done.

4
What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.

5
Check in on your own mental health. Take a mental health test at mhascreening.org. It's free, anonymous, and confidential.

6
Affirmations can improve people's overall well-being. Pick a supportive phrase and repeat it today, like "I can grow at my own pace,"

7
Pause and name what you're feeling right now. Labeling emotions can help you respond with care.

1
Take time to notice what brings you pleasure, peace, and pride. It can help you feel more grounded when the world feels out of control.

2
Searching for big positive moments can sometimes feel hard. Start small and list three ordinary things that happened today that were simply okay.

8
"Comparison is the thief of joy."
- Theodore Roosevelt
Take time to unfollow one social media account that makes you feel "less than."

9
We all face tough times at some point. Try finding one small positive or lesson in a hard situation you've been through recently.

10
Mother's Day can bring many emotions. Pause and notice what your body and mind need today, and make time to care for your whole self.

11
Try one new sleep habit tonight – set a bedtime for the rest of the week or turn off screens early.

12
Most of us know there are things we could do to be healthier or happier. What change would you like to make?

13
What you put into your body affects how you feel and function. Drink a full glass of water before caffeine, or aim to eat one "whole" food item today.

14
Move your body for 10 minutes today – walk, stretch, or dance. Even small movements can boost mood.

15
Today is Mental Health Action Day! Check out mhanational.org to find out more about how you can support mental health advocacy efforts.

16
Listen to your body today. Many people have physical signs of stress without realizing they might be connected to their mental health.

17
Think about a time when you've felt like you belonged. Reflect on connections that matter to you and set one small goal to support your social life.

18
At some point today, ask one person, "What's one small thing you're looking forward to tomorrow?" Now you're both looking for a "good day."

19
Spend a few minutes playing or relaxing with a pet today. Animals can help ease loneliness and stress, along with other mental health benefits.

20
Busy schedules and long distances can make friendships as adults look different than when you were younger. Send a text or call a friend today just to check in.

21
Take one step to advocate for mental health today – share a resource, contact a policymaker, or join an effort near you.

22
Helping others reminds us that we are caring, that we aren't alone, and that we have the power to make things better. Consider giving to MHA today.

23
Look for connection through hobbies, sports, faith, or online groups with shared interests. Finding your people can help protect against loneliness.

24
Look for something vast, old, or detailed in nature. Exploring connection to something outside of ourselves can calm our minds.

25
Memorial Day: Spend some quality time with yourself. Find some quiet time for reading, walking, or just being alone for a bit to help you relax and recharge.

26
Set aside 15 minutes to try out a new hobby or rediscover one. Making art, writing, gardening, or engaging with music can support good mental health.

27
We all can use a little help with our mental health from time to time. Explore which practices, treatments, or supports are the best fit for you.

28
Choose one small thing that helps you feel more like yourself today and wear it proudly. Even small choices can boost confidence.

29
Make a gift or share MHA's mission with someone in your network before Mental Health Month ends. Your support helps MHA reach others.

30
Listen to one song that used to be your "anthem" and pay attention to the lyrics. How does it make you feel now? Is it worth putting back on your playlist?

31
Working toward more good days for a whole month is a big achievement! Treat yourself to celebrate your efforts and keep the momentum going.



Scan to view the calendar online

Get more information and resources.
mhanational.com/may

Good Days

Use this space to track how many good days you have this month.