

# Mental Health May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Who:</b> Anyone interested in improving their mental well-being.  <b>What:</b> Calendar of daily thoughts or actions to help inspire better mental health habits.  <b>Why:</b> A healthy mind is a healthy body ❤️</p>		1 Add <u>ONE</u> de-stressor to your daily routine for the rest of the month.	2 Take a TMR for 5-minutes and meditate.	3 Go for a walk.	4 Start a journal.	5 Try something new.
6 Exercise - Try the TMR Fitness Video at 9am Eastern every Sunday.	7 Join the TMR community.	8 Take deep breaths when you feel overwhelmed.	9 Start going to bed at the same time and wake up at the same time everyday.	10 Reflect on the good in your life and remember why we all have something to be thankful for.	11 Consume no more than the daily recommended amount of sugar.	12 Sleep!!!!!!!
13 Exercise - Try the TMR Fitness Video at 9am Eastern every Sunday.	14 Color - Relax, have fun, and be creative!	15 Watch, listen, or do something that makes you laugh.	16 Do something you've been putting off for a long time.	17 Prepare your clothes, food, etc, the night before.	18 Declutter - Find a cleaning project and do it.	19 Unplug- Spend time away from electronics for a few hours.
20 Exercise - Try the TMR Fitness Video at 9am Eastern every Sunday.	21 Find a reasonable time to get to bed each night and stick to it.	22 Reflect on what causes you anxiety and come up with a prevention strategy.	23 Do something outside. Walk, hike, ride a bike, play with a pet, sports, read.	24 Tell someone you love that you love them for no reason.	25 Spend time with people who return your love and gratitude.	26 Drink the daily recommended amount of water.
27 Exercise - Try the TMR Fitness Video at 9am Eastern every Sunday.	28 Make a meal with friends.	29 Eat healthy! Eat your favorite vegetable.	30 Detach yourself from desire. Only want for things that makes your soul shine.	31 Remember to smile, eat healthy, sleep, take TMRs.		