



# May 2021

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"Courage. Kindness. Friendship. Character. These are the qualities that define us as human beings and propel us, on occasion, to greatness." – R.J. Palacio

- 1 May is Mental Health Awareness month. Check out NAMI's [Awareness Resources](#).
- 2 Start the day by practicing self-kindness. Finish the sentence: I am kind. I am\_\_.
- 3 Text a friend with a story that made you smile.
- 4 Happy National Teacher Appreciation Day! Thank an educator on our virtual Gratitude Wall.
- 5 Write down your answer to this question: How do you inspire others to be kind?
- 6 Today is International Nurses Day. Thank a healthcare worker today.
- 7 Flowers are in bloom! Learn more about your favorite native flower or flowering plant.
- 8 Practice self-reflection by writing down three words that describe you.
- 9 Happy Mother's Day! Show appreciation for all types of mothers and caregivers today.
- 10 Share a kind story about your community on social media.
- 11 Remember that your mental health is as important as your physical health.
- 12 Practice humility and appreciate what you have to learn from others.
- 13 Be kind to yourself by framing areas that need improvement as learning opportunities.
- 14 Don't hesitate to ask for advice when you could use it.
- 15 If you're overwhelmed by everything that needs to get done, try focusing instead on what allows you to do your best work.
- 16 Remember that it's OK to say no when you need to.
- 17 Build momentum for your goals by working on them a little each day.
- 18 Finish the sentence: I am capable. I am \_\_\_\_.
- 19 Instead of throwing away a used item, see if someone in your network could use it.
- 20 Write down your answer to this question: How can I set healthy boundaries?
- 21 Recommend a book by a local author to a friend or family member.
- 22 Take a picture of your favorite local mural and share it on social media.
- 23 What is one way you can be kind to a neighbor today?
- 24 Enjoy the health benefits of listening to your favorite music today.
- 25 Be kind to the Earth by picking one day this week to go meat free, if you are able.
- 26 Help a friend or family member de-clutter a room or closet, donating any unneeded items.
- 27 Try waking up 15 minutes early to do a few stretches or take a quick walk around the block.
- 28 Check out this video on [3 Simple Ways to Strengthen Your Relationships](#).
- 29 Close listening fosters empathy. Try focusing on what others are saying without judgment.
- 30 Remember the value of taking a break. It can help us regain focus or see a problem from a new angle.
- 31 Text someone you admire and tell them why.