

# MENTAL HEALTH MONTH

## MENTAL HEALTH MONTH CALENDAR OF CARE



### WHAT

Picture a calendar filled with new ways to reflect, renew and recharge. Sometimes we get stuck in our old ways of doing things. Every Monday you go to the gym, Tuesday you take kids to soccer and on Fridays you put your feet up with a good movie.

Mental Health Month is an opportunity to break from the routine and try new things while taking care of your mental health and supporting others.

*A calendar of care doesn't have to take a lot of time. Being prepared is the key!*



### HOW

**START BY FINDING FRIENDS OR FAMILY TO HELP YOU BRAINSTORM A LIST OF POSSIBILITIES.**

*Here are a few examples:*

- Volunteer at your local Food Bank this month.
- Take a yoga or meditation class.
- Invite a friend, who is going through a difficult time, out to lunch.
- Invite a speaker on Mental Health to present a lunch & learn.
- Do a workplace fundraiser to raise money for your local Mental Health agency.
- Share positive and motivational moments on social media on several days this month.



### WAIT

**DON'T STOP THERE.**

Whatever great habits you started from your calendar of care, keep it going! Create a calendar of care that continues all year!

