

MAY IS MENTAL HEALTH MONTH

2022

TIPS FOR MAY AND EVERYDAY!

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