

MAY 2014



SUN MON TUE WED THU FRI SAT

MENTAL
HEALTH
MONTH
2014



1

Swap your normal cup of coffee for decaf—reducing caffeine intake supports sleep. People who get enough sleep are more likely to succeed at their daily tasks.

2

Laugh at some of life's hassles. Finding amusement in challenging situations can lower stress and foster optimism.

3

Sign up for that class you've always wanted to take. Maybe it's painting, maybe it's yoga, maybe it's guitar lessons. This is a good way to make friends with common interests as well as learn something new.

4

Take care of your spirit through religion, meditation, or connecting to what you find meaningful. Spirituality offers improved disposition and lowers anxiety.

5

Switch up your daily routine. Take a different way to work or try a new food. Trying new things can open your mind to making bigger lifestyle changes.

6

Write about a positive future life. Envision your goals and dreams coming true to foster optimism in your life.

7

Make a reasonable "to do" list for the day and check off every item. Being able to meet priorities fosters a sense of accomplishment and control.

8

Spend 10 minutes on a funny website. Laughter can decrease pain and reduce anxiety; positivity has been linked to a decrease in stress hormones.

9

Remember an achievement from the past to remind yourself that you have the potential for success. This can help reduce feelings of insecurity and lower stress.

10

Refrain from all-or-nothing ways of thinking. Making one mistake does not mean that you are doomed to repeat it. Maintaining perspective is crucial to positive thinking.

11

Today is Mother's Day! Thank your mother or a mother you know for all they do. Noticing and appreciating the positives can offer a boost in mood.

12

Consider donating time or money to a worthy cause. By helping others one fosters a sense of belonging and can remind his or herself that they are relatively lucky.

13

Try to identify the positive aspects of a challenging situation or circumstance. Research shows that people who focus on positives in their lives are less upset by difficult memories.

14

Try meditating with deep breathing exercises. Focus on inhaling and exhaling for 10 minutes.

15

Send someone a thank you note. Noticing and appreciating the positives can offer a boost in mood.

16

Take the stairs instead of the elevator. Exercise can increase the flow of blood to the brain, stimulate "feel good" hormones and reduce stress.

17

Hold doors open for people. Research shows that those who consistently help others experience less depression and better health.

18

Reconnect with a relative you haven't spoken to in a while. Maintaining strong relationships is essential to happiness.

19

Reflect on the high points of the day, or the past weekend. Foster optimism in your life. Studies show that optimists have a 50% lower risk of early mortality.

20

Try yoga. Exercise can increase the flow of blood to the brain, stimulate "feel good" hormones, and reduce stress.

21

Eat a salad for lunch or dinner. A diet that emphasizes fruits and vegetables, lean meats and limited fats can boost your mood and immune system.

22

Add salmon, walnuts or flax seeds to something you eat today. Studies have shown a link between omega-3 fatty acids and decreased rates of depression.

23

Go for a walk or jog with a friend and play catch-up. Enjoying your exercise is a good way to ensure that you remain physically active. Exercise has been shown to benefit mental health.

24

Call or email a good friend. Studies have found that the difference between happy and unhappy individuals comes in the form of good relationships.

25

Open yourself to new experiences. Consider taking a day trip or exploring a park or local attraction you've never been to. Trying new things can give you an escape from the ordinary.

26

Share something good that has happened in your life with someone else. By sharing, you get to relive the good news and enjoy another person's reaction to your good fortune.

27

Reminisce about something hilarious that you've seen or done. Laughter boosts the immune system.

28

Make a point to smile and say "good morning" to neighbors and co-workers. Even little gestures can make someone else's day better and benefit your own mood.

29

Join a group or club - try looking for a local meetup group or sign up for an online community. Finding others who share your interests is a good way to start new friendships.

30

Take 10 minutes out of your work day to take a break, consider taking a walk. Small breaks will help clear your head and improve your ability to deal with stress.

31

Enjoy Memorial Day Weekend! Make sure to enjoy 15 minutes of sunshine, then apply sunscreen. Sunlight synthesizes Vitamin D, which experts theorize is a mood elevator.



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