HEALTHY HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

MAY 2025

Special Double Edition for May Mental Health Month!

What's Inside:

May is Mental Health Month!

AND MORE!

MAY IS MENTAL HEALTH MONTH

Did you know that May is Mental Health Month? It's the perfect time to focus on taking care of our minds, just like we take care of our bodies. We often talk about staying healthy physically—like eating well, getting enough sleep, and exercising—but what about our mental health? Taking care of our mental health is just as important as taking care of our physical health!

Why is Mental Health Important? Mental health is all about how we think, feel, and act. It affects everything from how we handle stress, to how we connect with friends, to how we make decisions. Just like when we get sick or hurt physically, we can also face times when our mental health needs a little extra support.

It's okay to not feel okay sometimes, and it's important to talk about how we're feeling. If you ever feel overwhelmed, sad, anxious, or just "off," know that you're not alone. Everyone has ups and downs, and it's normal to have tough days. What matters is learning how to take care of yourself and getting the help you need when you need it.

Easy Ways to Take Care of Your Mental Health

Here are some simple ways to keep your mind feeling strong and healthy, no matter what's going on:

1. Talk About Your Feelings- It's okay to talk about what's on your mind. Whether it's a friend, family member, or a trusted adult, sharing your feelings can help you feel better. You might even discover they're feeling the same way!
2. Move Your Body- Exercise is great for your mental health, too! It can help reduce stress and improve your mood. It doesn't have to be a big workout—anything from dancing to walking to playing sports can help.
3. Take Time to Relax- Life can get busy, but it's important to take breaks. Whether it's reading a book, listening to music, doing art, or just taking a few deep breaths, find something that helps you unwind and relax.
4. Get Enough Sleep- Did you know that not getting enough sleep can affect how we feel during the day? Aim for 8-10 hours of sleep every night to give your brain the rest it needs to stay sharp and feel good.
5. Limit Social Media- Sometimes, social media can make us feel stressed or anxious. Take a break if you need to. Focus on real-life connections, and remember, what you see online isn't always the full story.

Remember, May is a great time to start thinking about how you can take care of your mental health, but really, it's something we should all focus on all year long. Be kind to yourself, and don't forget—asking for help when you need it is one of the bravest things you can do. Stay healthy, stay happy, and take care of your mind!

POMODORO METHOD FOR GETTING THINGS DONE

Do you ever feel like there's SO much to do, but not enough time to get it all done? Or maybe you've tried to focus on something—like homework or a project—and after just a few minutes, your brain starts to wander, and you're thinking about everything except what you're supposed to be doing. Well, guess what? There's a super simple trick that can help you stay focused and get things done without feeling overwhelmed: it's called the **Pomodoro Method**!

The Pomodoro Method is a technique that helps you break up work into small, focused chunks of time. The idea is to work for 25 minutes, then take a 5-minute break, and repeat. After doing four "Pomodoros" (four 25-minute work sessions), you take a longer break—about 15-30 minutes. It's like a sprint for your brain, and you get to recharge after every short burst of focus!

Sounds easy, right? Here's how you can start using it today!

How to Use the Pomodoro Method in 3 Simple Steps:

1. Pick Your Task: Choose what you want to focus on—whether it's homework, studying for a test, reading, or even cleaning your room. You can use Pomodoro for pretty much anything!
2. Set a Timer for 25 Minutes: Set a timer for 25 minutes—this is your "Pomodoro" time. Try to focus only on the task at hand. No distractions, no checking your phone, just all-in on what you're doing.
3. Take a 5-Minute Break: Once the timer goes off, take a break! It's time to stretch, grab a snack, check in with friends, or do something fun for five minutes. Then, get back to work with another 25-minute session.

After doing this four times, treat yourself to a longer break—15-30 minutes! Go for a walk, watch a quick video, or just chill.

Why Does the Pomodoro Method Work?

- It Makes Big Tasks Feel Smaller. Instead of thinking about an entire project that feels endless, breaking it up into smaller chunks makes it feel more manageable. You're just focusing on one 25-minute session at a time!
- It Keeps Your Brain Fresh. Our brains can only focus for so long before we start to get tired or distracted. The Pomodoro Method gives your brain regular breaks, so you stay fresh and focused all day long.
- It Helps You Stay on Track. The timer is your best friend. Knowing that you're only working for 25 minutes makes it easier to stay focused. It's like a little race against the clock!
- It Reduces Stress. Because you're taking regular breaks and working in short bursts, you'll feel less stressed and more in control of your time.

Tips for Pomodoro Success:

- Use Fun Timers. You don't have to use just any timer—find one that's fun! You can use apps, timers on your phone, or even a cool kitchen timer (some look like tomatoes, which is fitting for the Pomodoro Method!). There are also Pomodoro apps with relaxing sounds or countdowns that make it even more exciting!
- Get Creative with Breaks. Don't waste your breaks—use them to recharge! Stretch, grab a healthy snack, play with your pet, or just dance it out for a minute. You'll feel more energized when you start your next Pomodoro session.
- Stay Flexible. If 25 minutes feels like too much or too little, you can always adjust the time. Some people work for 20 minutes and take 10-minute breaks. Find what works best for you!

Example Pomodoro Schedule:

Here's what a Pomodoro session might look like if you're studying for a test:

- Pomodoro 1: 25 minutes of reading notes or doing practice problems.
- Break 1: 5-minute break (stretch, snack, or chat with a friend).
- Pomodoro 2: 25 minutes of reviewing flashcards or practicing a difficult topic.
- Break 2: 5-minute break (move around, get some fresh air).
- Pomodoro 3: 25 minutes of writing a practice essay or summarizing your notes.
- Break 3: 5-minute break (relax, play a quick game, or just breathe).
- Pomodoro 4: 25 minutes of quick review and organizing your notes.
- Long Break: 15-30 minutes! Relax, have a snack, or do something you love.

Remember, the Pomodoro Method is all about working smarter, not harder. With short bursts of focus and regular breaks, you'll be amazed at how much you can accomplish!

BRAIN BOOSTING RECIPES TO POWER YOUR DAY

Want to boost your brain power and feel sharp, focused, and ready to take on anything? Well, your brain needs fuel just like your body does. The good news is you don't need to be a chef to make some delicious, brain-boosting snacks and meals. We've got some super easy recipes that are full of healthy ingredients to help you stay sharp and energized all day long!

Why Does What You Eat Matter for Your Brain?

Your brain is like a muscle—it needs the right fuel to work its best. Foods packed with vitamins, minerals, and healthy fats help improve memory, concentration, and mood. So, if you want to ace that test, stay focused during class, or even just feel good all day, eating the right foods is key!

Let's dive into some tasty brain-boosting recipes that are easy, healthy, and delicious!

Avocado & Banana Smoothie 🥑🍌

Avocados are packed with healthy fats, while bananas give you a boost of potassium and fiber. Together, they make a creamy, brain-boosting smoothie that'll keep you feeling energized and focused!

What You Need:

- 1 ripe banana
- ½ ripe avocado
- 1 cup milk (or almond milk)
- 1 tbsp honey or maple syrup (optional)
- 4-5 ice cubes

How to Make It:

1. Peel the banana and avocado and put them in a blender.
2. Add the milk and honey (if you want it sweeter).
3. Add the ice cubes and blend until smooth.
4. Pour into a glass and enjoy the creamy goodness!

Brain Power Toast 🍞🥜

This toast is loaded with omega-3s (good fats that are awesome for brain health) from peanut butter and chia seeds, plus fiber from whole-grain bread. It's perfect for breakfast or as a snack between classes!

What You Need:

- 1 slice whole-grain bread
- 1 tbsp peanut butter (or almond butter)
- 1 tsp chia seeds
- ½ banana (sliced)
- A drizzle of honey (optional)

How to Make It:

1. Toast the slice of whole-grain bread until it's nice and crispy.
2. Spread peanut butter (or almond butter) on the toast.
3. Top with chia seeds, banana slices, and a drizzle of honey if you like it a bit sweeter.
4. Enjoy the tasty, brain-boosting snack!

Apple & Almond Energy Bites 🍏🥜

These no-bake energy bites are perfect for when you need a quick snack. Apples are high in fiber and antioxidants, and almonds give you protein and healthy fats for a focused, energized brain!

What You Need:

- 1 cup rolled oats
- ½ cup chopped almonds
- ¼ cup dried cranberries or raisins
- ½ cup peanut butter
- 1 tbsp honey
- 1 small apple (grated)

How to Make It:

1. In a bowl, combine the oats, chopped almonds, dried cranberries, and grated apple.
2. Add the peanut butter and honey, then mix everything together until it sticks.
3. Roll the mixture into small bite-sized balls.
4. Place the energy bites on a plate and refrigerate for about 30 minutes before eating.
5. Grab one (or two!) whenever you need a brain boost!

GET INVOLVED: HOW YOU CAN MAKE A DIFFERENCE IN MENTAL HEALTH ADVOCACY!

You have the power to make a real difference when it comes to mental health. Mental health isn't just something adults care about—it affects everyone, including kids and teens like you. And guess what? You don't have to wait until you're older to get involved and start making a positive impact!

May is Mental Health Month, which is the perfect time to learn more, raise awareness, and help spread the message that it's okay to talk about mental health. So, whether you're passionate about helping your friends or want to see big changes in your community, there are tons of ways you can advocate for mental health and make sure people get the support they need.
Here's how YOU can get involved and be a mental health advocate today!

1. Start the Conversation. One of the easiest—and most powerful—ways you can get involved is by starting conversations about mental health with your friends, family, and classmates. Many people still feel like mental health is a "taboo" topic, and they might not know how to talk about it. But you can change that!

- Ask how people are doing: Sometimes, a simple "How are you feeling today?" can go a long way. It shows others that you care and are open to talking about their mental health.
- Share your own experiences (if you're comfortable): Talking about your own struggles, whether it's feeling stressed, anxious, or sad, can make others feel less alone and more likely to open up too.

2. Join or Start a Mental Health Club. If your school or community center has a mental health club, consider joining it! These clubs are awesome places where you can meet other students who care about mental health and work together to raise awareness, share resources, and even plan events.

- Not seeing a mental health club? You can start one! It doesn't have to be complicated—you can start by talking to a teacher or counselor about the idea. Maybe you can organize some activities, like posters around school, mental health awareness days, or even inviting guest speakers to talk about mental health.

3. Educate Yourself and Others. The more you know about mental health, the more you can help others. Learn the facts about mental health disorders like anxiety, depression, and ADHD, and understand the importance of things like self-care, coping strategies, and therapy. The more educated you are, the better you can explain mental health to others in a way that's clear and accurate.
Here's how to get started:

- Read books or articles about mental health.
- Watch videos or documentaries that explain mental health issues.
- Follow mental health advocates on social media. Many people post helpful advice and information that you can share with others.

4. Support Mental Health Organizations. There are tons of amazing organizations out there that are working hard to raise awareness and provide resources for mental health. You can get involved by supporting them in different ways, like:

- Fundraising: Organize a fundraiser at your school or online to support mental health organizations. You could host a bake sale, run a walkathon, or even create a virtual fundraiser. Every little bit helps!
- Volunteer: Some mental health organizations have volunteer programs where you can help spread awareness or support their work in other ways. You can also ask if they need help with things like social media or event planning.
- Spread the word: Share posts from mental health organizations on social media, or tell your friends about mental health resources. You can be a source of helpful information!

5. Be a Peer Listener or Advocate. Another way you can help is by being a peer listener. Sometimes, your friends may not want to talk to an adult about their mental health struggles, but they may feel more comfortable talking to you. By being a good listener, you can make a huge difference in someone's life.

- Be non-judgmental: Show your friends that it's okay to be open and honest about how they feel without worrying about being judged.

Encourage them to seek help: If you think someone needs extra support, encourage them to talk to a trusted adult, like a counselor or teacher. You could even offer to go with them for moral support!

Mental Health First Aid

What comes to mind when you hear **"First Aid"**? CPR? 911? Life threatening injuries? - Just as those terms and interventions are associated with helping someone with a medical emergency, **First Aid** can be applied to Mental Health or Substance Use-related crises.

Mental Health First Aid courses focus on mental health and addiction concerns, teaching risk factors & warning signs, strategies for how to help someone in both crisis and non-crisis situations, and about recovery and resiliency. You learn how to apply a Mental Health First Aid action plan to a variety of situations, including when someone is experiencing a panic attack, suicidal thoughts or behaviors, non-suicidal self-injury, acute psychosis, overdose or withdrawal from alcohol or drug use, or a reaction to a traumatic event. The course provides the opportunity to practice - through role plays, scenarios, and activities - making it easier to apply these skills in real-life situations.

Mental Health First Aid classes are offered to anyone 18 years and older through a partnership between Carroll Community College and the Carroll County Health Department. **Youth Mental Health First Aid** is also offered and is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health & human service workers, and other caring citizens how to help an adolescent (ages 12-18) who is experiencing a mental health or addictions challenge or is in crisis. **Youth Mental Health First Aid** is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-Step Action Plan. Courses are offered at no cost through the partnership.

Use the QR code to visit the Mental Health First Aid page of the Carroll County Health Department's website, where you'll find links to register through Carroll Community College:

SUPERHERO SELF-CARE: HOW TO BE YOUR OWN MENTAL HEALTH HERO!

Did you know that you have the power to take care of your mental health? That's right—you don't need a cape or superpowers to be a superhero. All you need is some awesome self-care skills to help you feel your best and stay strong, no matter what life throws your way. Whether you're feeling stressed, sad, or just need a little pick-me-up, you can use some superhero self-care strategies to feel better and keep your mental health strong. Ready to discover your superpowers? Let's go!

Step 1: The Power of Rest – Recharge Like a Superhero!
Every superhero needs to rest after a big adventure, right? Well, you do too! Getting enough sleep is one of the most important ways to take care of yourself. Sleep helps your brain recharge and gets you ready to face the next day's challenges.

Your Mission: Aim for 8–10 hours of sleep each night. Create a relaxing bedtime routine—maybe with a warm bath, reading a book, or listening to calming music. Your brain and body will thank you for it!

Step 2: Mental Health Check-In – Know Your Superpowers!
Every superhero has special powers, and you do too! But even superheroes need to check in with themselves to stay in tip-top shape. Checking in on how you're feeling is an important part of self-care. Are you feeling happy, sad, tired, or worried? Understanding your emotions helps you manage them better.

Your Mission: Take a "Feelings Check-In" each day. Ask yourself how you're feeling and why. You can even keep a journal or a "mood meter" to track your feelings over the week. The more you know about your emotions, the stronger you become in handling them!

Step 3: Superhero Strength – Move Your Body!
Even superheroes need to stay strong by staying active! Moving your body isn't just great for your muscles; it helps your brain too. Physical activity releases endorphins, the feel-good chemicals in your brain that make you feel happy and energized.

Your Mission: Whether it's jumping on a trampoline, running, biking, or even dancing around your living room, get moving for at least 30 minutes each day. Exercise is a power-up for both your body and your mind!

Step 4: Mental Armor – Build Your Stress-Busting Toolkit!
Every superhero needs armor to protect them from danger. You can build your own mental armor by using stress-busting tools that help you stay calm and focused when things feel tough. Some of the best tools for your mental health toolkit are relaxation techniques, like deep breathing, meditation, or even taking a break to relax.

Your Mission: Practice deep breathing (inhale for 4 counts, hold for 4, exhale for 4) when you're feeling stressed. Or try mindfulness—sit quietly, close your eyes, and focus on your breath for a few minutes. You'll feel calmer and more in control, just like a superhero!

Step 5: Teamwork – Talk to Your Trusted Allies!
Even the greatest superheroes know that they don't have to face challenges alone. You have trusted allies—your family, friends, and teachers—who are there to support you whenever you need them. Talking about how you're feeling can help you feel less stressed and more understood.

Your Mission: If you're ever feeling down or need advice, talk to someone you trust. It could be a parent, teacher, friend, or school counselor. Sometimes, just talking it out can make everything feel a little bit lighter!

Step 6: Super Self-Love – Celebrate What Makes You Special!
Every superhero has their own unique qualities. What makes you awesome? Maybe you're a great listener, super creative, or an amazing problem solver. When you celebrate your strengths and practice self-love, you remind yourself that you're amazing, just the way you are!

Your Mission: Take a moment to recognize your strengths and feel proud of who you are. You can even write down three things you love about yourself every day. Being kind to yourself is a superpower that keeps you strong and confident!

Remember, just like any superhero, self-care is something you need to practice regularly. Recharge your powers, check in with yourself, and use your mental health tools when you need them.

Journaling is a great way to help process different things you may be struggling with. It is also a way to organize thoughts from throughout the day and get a new perspective on situations you are experiencing in your life. Other benefits of journaling include increased self-awareness, improved mental health, enhanced goal achievement, and stronger writing skills. It can act as a safe space to explore thoughts and emotions, reduce stress and anxiety, and track personal growth. If any of those things sound like something that may be helpful for you, we encourage you to try out journaling this month! It does not have to be anything formal or fancy. All you need is a notebook or a few pieces of paper and a writing implement to get started. Since it can be hard to think of a place to start when you begin journaling, Mental Health America has also provided this helpful worksheet with several writing prompts to help spark self-reflection. These prompts are included below to help you get started!

Mental Health America

10 JOURNAL PROMPTS TO SPARK SELF-REFLECTION

Instead of trying to fix or improve things, what are three things about yourself or your life that you can decide to accept exactly as they are? How does this shift your stress level?

Not everyone has an easy time being positive, and it can be especially hard if you're already not feeling in a great place mentally. So, rather than listing things you're thankful for, jot down some things you don't have... and are glad you don't have or have to deal with! Was this an easier way for you to think? Does this help you see things differently?

If you had the chance to adjust three things about the upcoming day to make it great, what would they be? What are the reasons for your choices? What steps can you take now to make them a reality tomorrow?

For every bad thing happening in the world right now, people are out there working to make things better. Now, challenge yourself to find at least one positive effort, breakthrough, or solution happening around something that upsets you.

We all feel stuck sometimes. What is one aspect of your life that feels like you're running in place? Is there something that you're waiting to happen to change things? What's one small action you can take—no matter how insignificant—that could open a path forward?

What's something you do that makes you feel bad about yourself (procrastination, overthinking, isolation, etc.)? Now, think about what the complete opposite action is. What would happen if you tried it for a day?

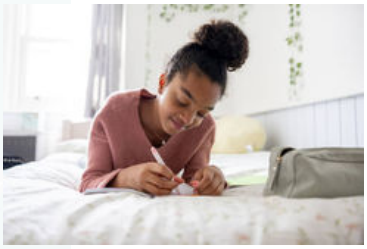
When was a time when you felt completely recharged and refreshed? What were you doing? Who were you with (or were you alone)? Are there little things about that time that you can bring into your life more often?

Write down five cool things you've already done that made you feel happy or peaceful—or, in other words, things you've already knocked off your "bucket list." What was it about these things that made you feel good, and how can you work that into your day-to-day life?

We can usually think of things we want to change in our lives pretty easily, and sometimes, they feel too big to take on. It's important to remind ourselves that we can do difficult things. What's something you used to struggle with that you don't struggle with anymore? Have you rewarded yourself for your success? If not, what can you do to celebrate?

Think of a time when someone's kindness, courage, or optimism gave you hope... now flip it: What if you were already someone else's sign of hope without realizing it? What do you think you did to inspire that person?

Learn more and get free resources at mhanational.org



Free Local Events This Month!

Flower & Plant Market

FRIDAY, MAY 2, 2025, 11am–4pm
SATURDAY, MAY 3, 2025, 9am–4pm
SUNDAY, MAY 4, 2025, 10am–4pm

Come to Union Mills Homestead for a unique selection of quality plants, craft vendors, Historic House and Mill tours, children's activity table provided by the Littlestown Garden Club.

Getting out of the house and engaging in enjoyable activities have been shown to boost mental health. Take a look at some of the local events happening in our community!

Free event, held rain or shine, from 8am-noon, at Krimgold Park. This event is for kids age 15 and under. The ponds will be closed to anyone age 16 and older. Awards for each age group will be given.

Need to register!

MAY 3 2025 SAT

Westminster Large Meeting Room (Staff Use Only)

Saturday, May 3, 2025
10:30am - 12:00pm

PAINT A BEAUTIFUL WATERCOLOR CARD USING COTTON SWABS. THE CARDS WILL INCLUDE ENVELOPES FOR GIFTING TO SOMEONE YOU LOVE. OUR THEME WILL BE "APRIL SHOWERS BRING MAY FLOWERS"! ALL SUPPLIES ARE PROVIDED.

Safety Plans Work

There is hope.

1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

Phone
Phone
Phone

4. Who can you ask for help? (Write names and phone numbers)

Phone
Phone
Phone

5. Professionals or agencies you can contact during a crisis:

Clinician: Phone

Local Urgent Care or Emergency Department:
Address Phone

Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.
(Write 2 things)

988 SUICIDE & CRISIS LIFELINE

Modified from Stanley & Brown (2021)

PEP22-08-03-007

Crisis Resources

National Suicide & Crisis Lifeline:
9-8-8 (Call or Text)
Chat: https://988lifeline.org/chat

The Trevor Project
thetrevorproject.org
1-866-488-7386
text 678-678

Carroll County Mobile Crisis:
410-952-9552

To access assessment and treatment services at CCYSB call
410-848-2500 x 1
or
Walk-in Assessment Hours:
Tuesday: 8:30am-11 am & 2-5pm
Wednesday: 11:30am-2pm
(We have a limited number of assessment slots available each day. See our website for arrival and check-in details)

Carroll County Youth Service Bureau
"It Starts With the Heart."

The Governor's Office of Crime Prevention, Youth, and Victim Services, on behalf of the Children's Cabinet, funded this project under award number CCIF-2023-0005. All points of view in this document are those of the author and do not necessarily represent the official position of any State or Federal agency

May is Mental Health Month 2025

TURN AWARENESS INTO ACTION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Write down three specific self-care goals for the month and post them where you'll see them.	2 Spend some time in nature today. Whether it's taking a walk, smelling the flowers, or sitting by a tree, nature can make you feel calmer.	3 Check in on your own mental health. Take a mental health test at mhascreening.org. It's free, anonymous, and confidential.
4 Try sharing your mental health story on social media or with close friends. This brave act can help reduce stigma in your community.	5 Our physical health is linked to our mental health. Find some time to move your body today in whatever way feels right for you.	6 Take some time today to de-stress and unwind. Do a hobby you enjoy—or try a new one if you don't have a go-to hobby.	7 Practice good sleep habits. Resist the urge to zone out on social media or watch TV and make your room cool, dark, and quiet. Aim for 8 hours of sleep.	8 Create a "calm space" in your home. Include things that help you relax, like your favorite blanket or book. Use this space when you need time to yourself.	9 Take some time to reflect on the causes you care about. Think of one way you can support these causes, whether it is with your time, donations, etc.	10 Spend 10 minutes doing a journaling exercise. Write down whatever is on your mind and notice how you feel when you finish.
11 Mother's Day: Send a "thank you" card or text to someone in your life today. Sharing gratitude can help you feel more positive too.	12 Help yourself while helping others: Declutter by donating old clothes, toys, books, etc. Clearer spaces can help your mind feel clearer as well.	13 Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.	14 Read this affirmation today whenever you need it: "We're all first-time humans. Give yourself grace as you keep learning and changing."	15 Today is Mental Health Action Day! Visit mhanational.org to find out more about how you can take action to support mental health efforts.	16 Go somewhere you've never been. This could be as simple as taking a different route home. Mixing it up can be refreshing and open you up to new possibilities.	17 Spend some time with a furry friend to lower stress hormones and boost your mood. If you don't have a pet, see a friend who does or volunteer at a shelter.
18 Your mind functions best when your basic needs are met. Do your best to drink at least 64 ounces of water today to stay hydrated.	19 Think of one person whom you'd like to strengthen your relationship with. Schedule a time to connect on the phone or to meet in person.	20 You deserve rest and you do not need to earn it. Take a nap, sit quietly in nature, or enjoy your lunch break without working.	21 Try a new coping skill today. Some examples are: belly breathing, progressive muscle relaxation, playing with a pet, or watching your favorite movie.	22 What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.	23 Reflect on what boundaries you need to live a more peaceful life. If you feel ready, communicate your boundaries to the people involved.	24 Connect with your spirituality if this is something you want to explore. Try joining a faith community, spending time in nature, volunteering, etc.
25 Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.	26 Memorial Day: Plan a cookout or game night with loved ones. Connecting with people you care about can increase your happiness.	27 Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.	28 Try asking someone: *"How are you, really?"* today to get a better sense of how they're doing, deep down.	29 Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.	30 Plan a break for yourself. You could ask your boss for time off, think of things you might want to do on vacation, consider a "staycation," etc.	31 Write a letter to yourself to celebrate all the actions you've taken this month to support mental health.

Monthly Goals

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Get more information and resources.

mhanational.com/may

MHA Mental Health America