

# 2024 May

Boost Your Mental Health One Day at a Time



\*\* Always consult your physician before starting a new diet or fitness routine.

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|---|---|---|--|---|
|   |  |   | <b>1</b><br><a href="#">Join us for our "Mindful Moment: Be Kind to Your Mind"</a>                    | <b>2</b><br><a href="#">Video: Learn ways to practice self-compassion &amp; build healthy habits.</a>         | <b>3</b><br>Write down three activities you can do to bring yourself joy.                      | <b>4</b><br>Notice when you're on autopilot; try bringing yourself into the present.            |
| <b>5</b><br>Care for your body by eating healthy foods, moving around & going to bed early. | <b>6</b><br><a href="#">Explore the misconceptions surrounding Black mental health.</a>                        | <b>7</b><br>Take a media break by turning off / putting your phone in airplane mode.              | <b>8</b><br><a href="#">Check out these 8 tips for building mental resilience.</a>                    | <b>9</b><br><a href="#">Meditation: Learn how to nurture yourself &amp; support the women in your life.</a>   | <b>10</b><br>Next time you reach a goal, congratulate yourself with a small reward.            | <b>11</b><br>Practice self-compassion by talking to yourself like you'd talk to a friend.       |
| <b>12</b><br>Create space for something creative like cooking or drawing.                   | <b>13</b><br><a href="#">Tired of being tired? Check out these resources for getting a good night's sleep.</a> | <b>14</b><br><a href="#">Webinar: The Science of the Good Life @ Noon CT</a>                      | <b>15</b><br><a href="#">For parents: Learn how to foster emotional strength in kids &amp; teens.</a> | <b>16</b><br><a href="#">Meditation: You don't have to navigate grief alone.</a>                              | <b>17</b><br>Write a "not-to-do list" to help you deprioritize the unimportant things.         | <b>18</b><br><a href="#">Learn why prioritizing self-care is essential for your well-being.</a> |
| <b>19</b><br>If you're struggling, connect with a loved one for support.                    | <b>20</b><br><a href="#">New to therapy? Here are some ideas on what to talk about.</a>                        | <b>21</b><br>Focus on the things you can change but know you can't control everything.            | <b>22</b><br><a href="#">Learn how to manage financial stress with these 6 tips.</a>                  | <b>23</b><br><a href="#">Exercise: Mindfully notice your breathing in just 1 minute.</a>                      | <b>24</b><br>Make a point to reach out to someone you haven't spoken to in awhile.             | <b>25</b><br>Write a thank-you note to someone who has had a positive impact on your life.      |
| <b>26</b><br>Learn to say no to activities or commitments that overwhelm or drain you.      | <b>27</b><br><a href="#">Learn how to care for your mental health when navigating infertility.</a>             | <b>28</b><br>When a negative thought comes up, simply notice it without letting it ruin your day. | <b>29</b><br><a href="#">How to practice mindfulness: Explore these quick tips for busy people.</a>   | <b>30</b><br><a href="#">Journal: Start your mental health journey by downloading this gratitude journal.</a> | <b>31</b><br><a href="#">Explore more ways to be kind to your mind by signing up for Lyra.</a> |   |

My well-being focus for May is:




Explore all of your well-being benefits at [One.Walmart.com/wellbeing](https://One.Walmart.com/wellbeing)

**My May Well-being Webinar**

**The Science of the Good Life**

Tuesday, May 14 @ Noon CT



Want to be alerted each month when the newest Well-being Tip Calendar and Webinar are created? [Get added to our mailing list today!](#)