MENTAL HEALTH AWARENESS MONTH ACTIVITY CALENDAR — MAY 2021
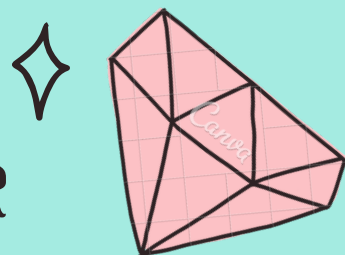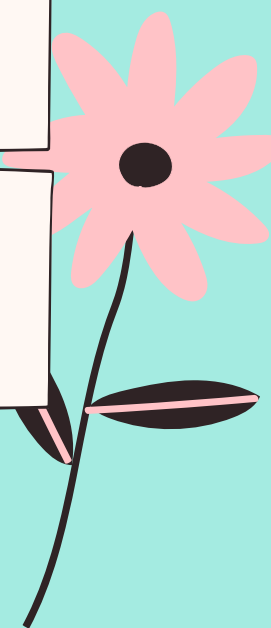
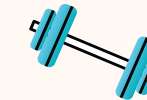| SUN	MON	TUES	WED	THURS	FRI	SAT
1 IN 5 ADULTS AND TEENS EXPERIENCE A MENTAL ILLNESS IN A GIVEN YEAR.	20% OF YOUTH AGES 13-18 LIVE WITH A MENTAL ILLNESS.	SUICIDE IS THE 2ND LEADING CAUSE OF DEATH IN YOUTH AGES 10-24.	90% OF THOSE WHO DIE BY SUICIDE HAVE AN UNDERLYING MENTAL ILLNESS.	1 IN 10 YOUNG PEOPLE EXPERIENCE A PERIOD OF MAJOR DEPRESSION.	DEPRESSION IS ONE OF THE LEADING CAUSES OF DISABILITY WORLDWIDE, AFFECTING 264 MILLION PEOPLE.	**1** START THE MONTH OFF RIGHT! SET A MINI GOAL YOU WANT TO ACCOMPLISH THIS MONTH.
2 DOWNLOAD A MINDFULNESS APP.	**3** UNFOLLOW NEGATIVE SOCIAL MEDIA ACCOUNTS.	**4** SIT OUTSIDE FOR 20 MINUTES.	**5** DO A DEEP BREATHING EXERCISE.	**6** DONATE SOMETHING YOU NEVER USE.	**7** DO YOUR FAVORITE EXERCISE FOR 20 MINUTES.	**8** START A GRATITUDE JOURNAL.
9 DO SOMETHING KIND FOR SOMEONE.	**10** LISTEN TO YOUR FAVORITE MUSIC FOR 30 MINUTES.	**11** COOK A HEALTHY MEAL.	**12** MAKE A LIST OF 3 TRAITS YOU LOVE ABOUT YOURSELF.	**13** DON'T CHECK SOCIAL MEDIA UNTIL NOON.	**14** CATCH UP WITH A FRIEND OR FAMILY MEMBER IN PERSON OR OVER THE PHONE.	**15** GO FOR A WALK OUTSIDE.
16 ONLY DRINK WATER TODAY.	**17** JOT DOWN 3 THINGS YOU ARE THANKFUL FOR.	**18** WATCH A FUN VIDEO.	**19** GO TO BED 30 MINUTES EARLY.	**20** SCHEDULE A DATE WITH A FRIEND.	**21** TAKE 10 MINUTES TO READ.	**22** WEAR GREEN ALL DAY TO SUPPORT MENTAL HEALTH AWARENESS.
23 TRY YOGA.	**24** COMPLIMENT SOMEONE. You're doing great!	**25** START YOUR DAY WITH 3 POSITIVE AFFIRMATIONS.	**26** WRITE DOWN SOMETHING GOOD THAT HAPPENED TODAY.	**27** TRY A CREATIVE ACTIVITY.	**28** GO OUTSIDE AND GET MOVING WITH A FRIEND OR FAMILY MEMBER.	**29** TRY A 5-MINUTE MEDITATION.
30 SHARE A MEAL WITH FAMILY OR FRIENDS.	**31** DO SOMETHING THAT MAKES YOU HAPPY.	1 IN 25 PEOPLE LIVE WITH A SERIOUS MENTAL ILLNESS.	MEMBERS OF THE LGBTQ COMMUNITY ARE ALMOST TWICE AS LIKELY TO HAVE A MENTAL HEALTH CONDITION.	50% OF ALL LIFETIME CASES OF MENTAL ILLNESS BEGIN BY AGE 14 AND 75% BY 24	MANY PEOPLE DO NOT SEEK MENTAL HEALTH TREATMENT DUE TO THE ASSOCIATED STIGMA.	18.1% OF AMERICAN ADULTS WITH WITH ANXIETY DISORDERS.

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