










MAY - Mental Health Awareness Month

2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>MENTAL HEALTH AWARENESS MONTH</p>			<p><i>May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma many experience.</i></p>		<p>Loyalty Day 1</p> <p>Check in on a friend to see if they need support or company.</p>	<p>Orthodox Easter 2</p> <p>Play outdoors.</p> 
3	Natl Day of Prayer 4	Cinco de Mayo 5	Natl Nurses Day 6	7	8	Mother's Day 9
Tell your boss and co-workers how amazing they are.		Leave a tip on a takeout order.	<p>Thank a nurse.</p> 	Pay for the person behind you at Starbucks.	Bring lunch to a homeless person.	Say "thank you" to your mom or an inspirational woman in your life.
10	11	Eid al-Fitr 12	13	14	Armed Forces Day 15	16
Pick up trash along a section of road or a block.	Call someone you haven't connected with in a while.	 <p>Compliment someone to their boss.</p>	Treat yourself to a good stretch in the morning.	Keep snacks on hand for someone in need.	Say thank you to a service member.	Walk tall and smile as you go.
17	Tish'a B'av 18	19	20	World Diversity Day 21	22	23
If you need help, ask for it.	<p>Thank someone who has inspired you.</p> 	Let someone go first (in line, traffic, door).	Thank your tax person for their service.	 <p>Give a compliment to a stranger.</p>	Put coins in a parking meter.	Bake cookies for a neighbor.
Brother's Day 24	25	26	27	Natl Burger Day 28	29	30
<p>Get your pet a big treat or toy.</p> 	Provide positive feedback when someone makes a comment.	 <p>Leave quarters in a vending machine.</p>	Pay for the car behind you in the carwash.	 <p>Eat your favorite food.</p>	Disconnect from social media.	Close your eyes; reflect on 3 things you are grateful for.
<p>Memorial Day 31</p> <p>Remember and honor those who have served.</p>	<p>A single act of kindness throws roots in all directions, and the roots spring up and make new trees.</p> <p>--Amelia Earhart</p>				