MENTALITY MAY

MINDFUL	TENDER	WILLFUL	THANKFUL	FEEL GOOD	SELF CARE	SERENITY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					SELF	
					SELF CARE TIME	
		THE REAL				
	Tender * Tuesday	1000 A			A REAL	GO OUTSIDE wild honey.
				1 100		
Mental health MAY			¹ Happy Labor Day.	² Declutter. Start the new	3	4 Cataly some 71s
THEME, Turn Awareness into			<u><u><u>A</u><u>A</u><u>R</u><u>A</u></u></u>	month by organising your work/home station	FREE	Catch some Z's. Do the 8hrs sleep
Action"				work/home station		challenge
5 De come mided	⁶ Speak out	7	8	9	10	11
Do some guided Meditation. Focus on your	Your courage can inspire others to share their own	Mental health problems	Spend time alone, listen to yourself think	Wear that smile, it matches	Dare to dance. Go ahead.	"There's no way to be a perfect mother.
body and your senses.	others to share their own experiences.	don't define who you are	yourself think	all of your outfits out.	bust a move	perfect mother. HAPPY MOTHER'S DAY
¹² Practice mindful	13	14	15	16	17	18
journaling, take a step back		14	Gratitude turns denial into		To love and be loved is to	
trom the events of your life,	Attend a therapy or counselling session. It's OK TO ASK FOR HELP	Don't compare your chapter one with someone	acceptance, chaos to order	Break up the monotony. add a little excitement to	feel the sun from both sides HAPPY IDAHOBIT.	Tap into your spirituality, sometimes we need divine
and gain insight and perspective. Get to know	to ask for help	else's chapter six	and confusion to clarity." #Begrateful	your routine. plan a mini day trip	#Thepower of communities."	intervention
yourself and your motives	20	21		23	24	25
Practice mindful breathing	Being true to yourself is an	No one will listen to us	22 Write a thank you note to	Try new things. Initiate a	Host a group meditation	
When you own your	act of love and courage.	until we listen to ourselves.	someone you are grateful	new friendship or	Session.	REST
breath, nobody can steal your peace.	Live authentically		tor.	connection	#powerofcommunity	
26	27	28	29	30	31	
Take stock of who you are	Talk about mental health,	Menstrual Hygiene Day	Do an act of kindness. The	Do not forget to celebrate	[~] Plan next month's goals. Your progress doesn't	
surrounding yourself with. it is okay to keep some	<i>kyogereko</i> keep the conversations going!	Together for a #PeriodFriendly Africa	more we give, the more we receive	your wins	need to stop once the	EMERGENCY CONTACTS Toll-Free Line: 0800 100 093 GBV/IPV: 0757 709 096
people away		,			month is through	Sonnect with us

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THEME. MY MENTAL HEALTH, MY PRIORITY