Mental Health Calendar
August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Focus on a friendship that is strained.	**2** As a family, make a list of things you are grateful for.	**3** Plan for a relaxing activity this weekend and make time for it.	**4** Make a list of three realistic goals you want to accomplish.	**5** Write down 3 things you appreciate about yourself.	**6** Compliment someone today.
7 Don't forget to say thank you and I love you.	**8** Write down 3 things you appreciate about yourself.	**9** Compliment someone.	**10** Handwrite some cards and send them to people you care about.	**11** Feeling overwhelmed or frustrated? Take 10 deep breaths.	**12** Have a family/friend game night.	**13** Be active/ exercise for at least 30 minutes. Set a goal to exercise 2-3 times/week.
14 Take a break from social media. Spend time outside.	**15** Write down 3 good things that happened to you today.	**16** Set some goals you want to achieve.	**17** Has something been bothering you? Let it all out on paper.	**18** Exercise your brain in a fun way – do a craft, puzzle, read, learn a song.	**19** Imagine yourself in a relaxing and happy environment.	**20** Drop a note into your neighbor's mailbox, letting them know you're around if they need anything.
21 Clean up your bedroom, light some candles and read some of your book.	**22** Lights out. Go to bed earlier than you normally would.	**23** Find out what resiliency means.	**24** Talk about what you are grateful for.	**25** Read at least 30 pages of your book.	**26** Stop to just watch the clouds or sky for 10 minutes today.	**27** Do something creative, like drawing, coloring or writing a story – just for you!

28 Cook your favorite meal for dinner.	**29** No emails after 6pm.	**30** Remind yourself that you are loved and worthy of love.	**31** Make a list of the things you enjoyed doing this month – and do them again next month!			