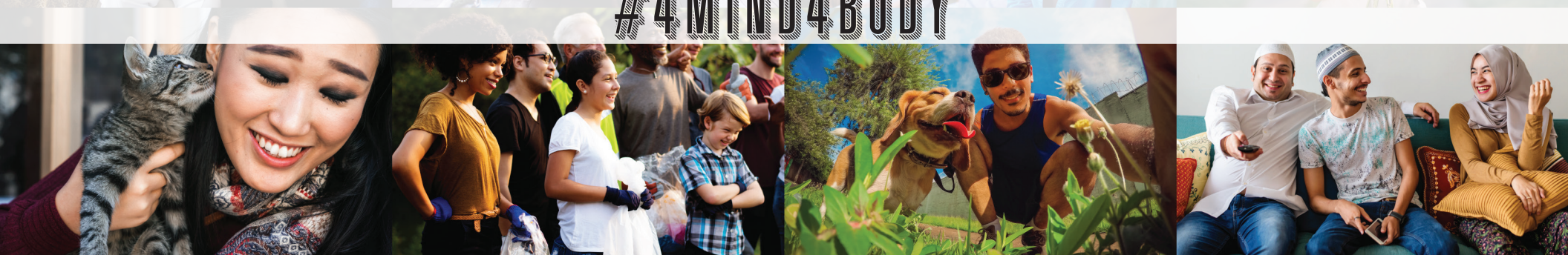




# #4MIND4BODY



## SUN MON TUE WED THU FRI SAT



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<p><b>1</b></p> <p>Switch up your exercise regimen. Try a dance class or a new sport. Exercising with other people can enhance its stress-reducing benefits.</p>	<p><b>2</b></p> <p>Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creativity and overall well-being are linked. LoveKnitting.com is a good source of inspiration.</p>	<p><b>3</b></p> <p>Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.</p>	<p><b>4</b></p> <p>Do something with friends and family - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.</p>
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<p><b>5</b></p> <p>Consider finding a place of worship. One study found that people who attended religious services monthly showed a 22% lower risk of depression.</p>	<p><b>6</b></p> <p>Visit <a href="http://bit.ly/4mind4body">bit.ly/4mind4body</a> to see what other people are doing to work wellness into their lifestyles.</p>	<p><b>7</b></p> <p>Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Being in nature can increase energy levels, reduce depression, and boost well-being.</p>	<p><b>8</b></p> <p>List three funny things that happened to you each day this week. Doing this regularly has been shown to enhance happiness and reduce depressive symptoms.</p>	<p><b>9</b></p> <p>Set up a getaway. It could be a road trip with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!</p>	<p><b>10</b></p> <p>Make a point to not answer work emails over the weekend. Setting boundaries is important for establishing work-life balance.</p>	<p><b>11</b></p> <p>Get connected - share a meal with someone or pick up the phone. Studies show that good relationships make the difference between very happy and less happy people.</p>
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<p><b>12</b></p> <p>It's Mother's Day. Pick up some flowers for Mom. Studies show that being surrounded by nature is a mood booster and thanking her for her support can boost your mood and hers.</p>	<p><b>13</b></p> <p>Plan out your week to make sure you're tending to both personal and professional obligations. People who feel they have good work-life balance experience fewer symptoms of depression and anxiety.</p>	<p><b>14</b></p> <p>Feeling in a rut? Think back and laugh at something silly you've done. Remember, everyone deserves a break and we're often hardest on ourselves.</p>	<p><b>15</b></p> <p>Get comfortable and read a good book. Reading can help relieve stress and tension.</p>	<p><b>16</b></p> <p>Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.</p>	<p><b>17</b></p> <p>Watch a comedy or visit a funny website. Laughter boosts the immune system and can reduce anxiety.</p>	<p><b>18</b></p> <p>Try meditation. Spiritual practices like meditation are linked to increased levels of feel-good chemicals and decreased levels of chemicals associated with stress.</p>
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<p><b>19</b></p> <p>Aim to get 7 to 8 hours of sleep each night this week. People who get enough sleep are more likely to succeed at their daily tasks.</p>	<p><b>20</b></p> <p>Do some coloring for about 20 minutes to help you clear your mind. No crayons? No problem! Download an app from our partners at <a href="http://www.colorthrapy.app">www.colorthrapy.app</a>.</p>	<p><b>21</b></p> <p>Add some green to your office or home (if you don't have much of a green thumb, try a succulent). Seeing plants can reduce stress and anxiety..</p>	<p><b>22</b></p> <p>Incorporate something funny into your environment for a daily dose of humor. It could be a goofy picture of your friends, family or pets; a page-a-day calendar; or a mug with a witty saying or cartoon.</p>	<p><b>23</b></p> <p>Make a list of activities you enjoy. Set aside time each week to focus on yourself and what makes you happy.</p>	<p><b>24</b></p> <p>Don't wonder about your mental health! Take a screen at <a href="http://MHAScreening.org">MHAScreening.org</a> and get the tools you need.</p>	<p><b>25</b></p> <p>This weekend try being a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.</p>
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<p><b>26</b></p> <p>Try prepping your meals or picking out your clothes for the work week. You'll save some time in the mornings, have a sense of control about the week ahead, and have more time in the evenings for yourself.</p>	<p><b>27</b></p> <p>Give yourself a break! Take 10 minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.</p>	<p><b>28</b></p> <p>Work your strengths at work. Do something you're good at to build self-confidence, then tackle a tougher task. You've got this!</p>	<p><b>29</b></p> <p>Time with animals lowers stress hormones and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.</p>	<p><b>30</b></p> <p>Take a few minutes to breathe deeply - in through your nose and out through your mouth. Try this technique: Pretend you're taking a giant whiff of a bouquet of flowers, then pretend to blow out a candle.</p>	<p><b>31</b></p> <p>Tell your goals to someone you trust and ask them to help you stick with a plan. Studies show that social support helps you achieve your goals.</p>
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## SHARE WITH #4MIND4BODY

Mental Health America has created a space where people can learn from each other about what they do to stay well.

Show us how you're putting the tips from this calendar into practice by posting with #4mind4body.

We'll collect your Twitter and Instagram posts at [mentalhealthamerica.net/4mind4body](http://mentalhealthamerica.net/4mind4body). You can also post directly and anonymously to the site if you would like.

## ARE YOU STRUGGLING?

If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit [www.mhascreening.org](http://www.mhascreening.org) to check your symptoms. It's free, confidential, and anonymous.

Once you have your results, MHA will give you information and help you find tools and resources to feel better.