

MENTAL HEALTH AWARENESS MONTH - MAY 2024

cultivate a healthy mind

Follow us on Instagram (@sdc_csusb) to receive daily tips in your feed.

Keep the good vibes going all month long! Listen to our 'Feeling Good' Spotify playlist anytime you need an extra dose of serotonin. (<https://rb.gy/l4kcqm>)

For a full list of resources, visit <https://www.csusb.edu/staff-development-center/wellbeing/mental-health>.



monday

tuesday

wednesday

thursday

friday

		1 Practice deep breathing exercises to start your days with a sense of calm & relaxation.	2 Engage in a digital declutter. Unsubscribe from unnecessary emails & organize your digital files.	3 Practice forgiveness, both for yourself & others. Let go of resentments, embrace compassion & understanding.
6 Prepare your meals or clothes each night. You'll save time in the mornings & have a sense of control.	7 Challenge yourself to try something new or step out of your comfort zone today. Embracing new experiences can foster growth and resilience.	8 Practice gratitude by writing down three things you're thankful for today. Focusing on the positive can improve your mood.	9 Challenge negative thoughts by practicing positive affirmations.	10 Feel Good Friday Laugh! Laughter can help lessen stress, depression, anxiety, and may make you feel happier. It can also improve self-esteem.
13 Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate & calm you down.	14 Prioritize quality sleep. Create a relaxing night routine & ensure you get the rest your body & mind need.	15 Journal! Writing down your thoughts & feelings can help clarify your emotions & reduce stress.	16 MENTAL HEALTH ACTION DAY Be Seen in Green to raise awareness on the importance of mental health.	17 Reach out for support if you're struggling. Whether it's a friend, family member, or mental health professional, don't hesitate to ask for help.
20 Engage in a digital detox evening. Put away your devices & participate in activities that bring you joy.	21 Spend 30m outdoors, soaking up the sunshine & fresh air. Nature has a rejuvenating effect on the mind & body.	22 Move your body on your terms. Exercise offers many benefits, including: relieving stress, lifting mood, falling asleep faster & sleeping longer, and manage symptoms of depression and anxiety conditions.	23 Participate mindful meditation. Daily meditation can help relieve your stress and enhance your thinking.	24 Feel Good Friday Spend time with a furry friend. Petting a dog or cuddling with a cat can reduce stress & boost mood.
27 HOLIDAY - CAMPUS CLOSED Prioritize self-care today. Take a long bath, indulge in a favorite hobby, or simply relax and unwind.	28 Practice self-compassion. Treat yourself with the same kindness & understanding that you would offer to a friend.	29 Engage in acts of kindness today. Doing something nice for others can boost your mood and increase feelings of happiness.	30 Reflect on your accomplishments & celebrate your progress. Recognize the steps you've taken toward your goals, no matter how small.	31 Reflect on the month & set intentions for the month ahead. Identify areas for self-improvement.