




May Mental Health Month Wellness Calendar

All month long, participate in the following May staff contests for a chance to win prizes!

- Wear lime green
- Decorate your office/cubicle with lime green
- Submit a photo of you attending one (or more) of our DBH Mental Health Month events. 

Contest submissions close Friday, May 26. For more info., visit dbhnow.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Make a self-care plan for May!	2 Decorate your cubicle, door or office space in lime green	3 <i>Wellness Wednesday</i> Listen to the Resilient and Real Podcast about Workplace Wellness	4  Wear lime green and attend the <u>Behavioral Health Commission Meeting</u> at 12 pm	5 Have a conversation about mental health with a friend or loved one	6 Download and try a new mental health app. Visit the <u>blog</u> for ideas!
7 Cook your favorite meal	8 Write down 3 positive affirmations and tape in your work space	9 Take 15 minutes to read a book or magazine	10 <i>Wellness Wednesday</i> Wear lime green and take a group photo	11  Attend the <u>Directing Change Award Ceremony</u> in Rialto	12 Write a letter to your future self	13 Sleep in or focus on getting extra rest
14 Listen to music or your favorite podcast	15 If you haven't already, submit your lime green pictures to PRO on the <u>DBH Now blog</u>	16 Take a walk outside during your breaks	17 <i>Wellness Wednesday</i> Attend the <u>Resilient and Real Summit in Rancho Cucamonga</u> 	18 Check in on your self-care plan	19 Take some "me" time, even if it is just 30 minutes	20  Bring a friend to the <u>Meet the Artist Event at the County Museum in Redlands</u>
21 Set a goal for this week	22 Track your water intake	23 Treat yourself to your favorite snack	24 <i>Wellness Wednesday</i> <u>Pilates at your desk</u>	25 Write a gratitude note to a co-worker	26 Have a game night with your friends or family	27 Try something new
28 Put on some music and dance	29 Check in on a loved one or friend	30 Create a self-care to-do list for June	31 <i>Wellness Wednesday</i> <u>Guided Meditation Video</u>			