

2023 Mental Health Awareness Month Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pause with box breathing: • Breathe in for 4 seconds • Hold for 4 seconds • Exhale for 4 seconds - Repeat x5 Download Guide	2 Grounding with your senses: BHS Mindful Moment - Grounding	3 Stay hydrated Top 10 Reasons to Drink Water	4 Cultivate connections with friends Friends Are Good for Your Health	5 Focus on sleep and rest How You Can Get a Better Nights Sleep	6 Practice gratitude Practicing Gratitude
7 Walking Walk for Wellness	8 Movement Monday! Build movement into your day, helping your mind and body Mindful Movement	9 Take a break from social media Digital Detox - Taking a Break From Technology	10 Meditation The Power of Meditation	11 Make a plan: list things that feel good, identify long-term strategies, use in-the-moment strategies Take 4 steps toward better self-care	12 Schedule a health screening to ensure good physical health Eight Things to Know About Your Biometric Screening Results	13 Volunteer: when we help others, we help our mental health MyBHS Portal: Volunteering*
14 Practice belly breathing BHS Mindful Moment - Breath Focus	15 Mindful Monday! Take a minute to listen to this mindful moment BHS Mindful Moment - Muscle Relaxation	16 Journaling MyBHS Portal: Journaling for Mental Health*	17 Set boundaries MyBHS Portal: Goldilocks Didn't Have Good Boundaries. Will You?*	18 Take regular breaks throughout your day Downtime - Make the Most of Your Breaks	19 Plan a self-care budget, set aside money for yourself Benefits of Good Self-Care graphic	20 RAIN - Recognize what is happening. Allow life to be as it is. Investigate with curiosity. Nurture with self-compassion. Download Guide
21 Take time for your hobbies and interests How Hobbies Help Your Health	22 Practice forgiveness The Power of Forgiveness	23 Spend time with your loved ones Strengthen Your Family Bond	24 Treat yourself to a delicious snack! Trail Mix: Classic with a Twist - Recipes	25 Enhance your mental health! MyBHS Portal: Boosting Your Mental Health*	26 Listen to upbeat music - here is a playlist to get you started! Listen to playlist	27 Schedule a day off MyBHS Portal: Vacation Time: Why You Need It*
28 Create a vision board What Is a Vision Board and Why Make One? Psychology Today	29 Sign up for professional development How to Set and Achieve Professional Goals	30 Make a list of things that are important to you	31 Take a step toward a goal, no matter how small Goal Setting for Everyday Success			

* To access these articles, you will need to enter your Organization ID to log into the MyBHS Portal.