# May Wellness Calendar

**Mindful May**

Try these activities to improve your overall personal wellness.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 3      | Journal Activity  
Write down three good things that happened today!  
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Sleep Music in Underwater Paradise | 5 | Quote of the Day:  
"Respond, don't react.  
Listen, don't talk.  
Think, don't assume." | 6 | Wellness Wednesday  
10 minute Morning Yoga for Beginners | 7 | Make a healthy meal | 8 | Fun Friday  
Watch clips of America's Funniest Home Videos or a funny movie to get you laughing | 9 | Journal Activity  
Make a list of 10 things you are grateful for  
Add some gratitude to your attitude! |
| 10     | Send an encouraging text to somebody | 11 | Mindful Monday  
Meditation for Anxiety  
Body Scan Meditation (Tame Anxiety) | 12 | Quote of the Day:  
"Mistakes are proof that you are trying" | 13 | Wellness Wednesday  
Self Care during the Quarantine  
15 Self Care Ideas for Coronavirus Quarantine | 14 | Listen to a podcast on a new topic that you want to learn about | 15 | Fun Friday  
Find a Jeopardy Game About Anything | 16 | Try a 3-minute breathing exercise to calm your mind and body breathing exercise |
| 17     | Journal Activity  
Write down 5 people who support you | 18 | Mindful Monday  
Eat Mindfully | 19 | Quote of the Day:  
"Do less with more FOCUS" | 20 | Wellness Wednesday  
Tip for Restful Nights Sleep  
Wellness Wednesday | 21 | Call someone you haven't spoken to in a while and brighten their day | 22 | Fun Friday  
Movie Night  
Watch movies on Netflix, Youtube, or on-demand | 23 | Watch the clouds and find different shapes |
| 24     | Look at the list of things you're grateful for just before going to bed or try a 10-minute gratitude meditation | 25 | Mindful Monday  
Mindfully color these pages  
Mindful Coloring | 26 | Quote of the day:  
"You create your own calm" | 27 | Wellness Wednesday  
Wellness Wednesday  
Hydration | 28 | Journal Activity  
Appreciate yourself - Write down five things that make you special and unique and say them aloud to yourself | 29 | Fun Friday  
Play fun games (board games, activities) with your family | 30 | Do something which makes you happy |
| 31     | Journal Activity  
Write down 3 goals you would like to accomplish in the month of June and write them as if they already happened | | | | | | |