

Mental Health Awareness Month

Care for your mind, honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health with daily resources designed to cultivate tenderness with yourself and others.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1: MIND	April 29 	April 30 <p>Tip: Review the calendar and circle the resources that you'd like to explore this month.</p>	May 01 <p>Course: Five Mindful Minutes Treat yourself with a relaxing break to settle your mind and body.</p>	May 02 <p>Challenge Journal difficult feelings or anxious thoughts in a notebook.</p>	May 03 <p>Learn: Letting Go of Stress Develop your awareness of stress and learn how to reframe negative emotions.</p>
WEEK 2: BODY	May 06 <p>Challenge Try square breathing to bring calm and relaxation to the body.</p>	May 07 <p>Move: Afternoon Reset A 20-minute guided exercise to promote movement.</p>	May 08 <p>Challenge Set aside 5 minutes to stretch and release tension from the body.</p>	May 09 <p>Learn: How to Reset Your Sleep Schedule Get science-backed tips for enjoying a better night's rest.</p>	May 10 <p>Challenge Eat a nourishing meal that supports your body.</p>
WEEK 3: SELF-LOVE	May 13 <p>Learn: Realizing and Improving Your Self Worth Understand what inner-shifts you can make to boost your inner confidence.</p>	May 14 <p>Challenge Write a kind letter to your 'younger self.'</p>	May 15 <p>Meditation: Manifesting Compassion Have compassion for yourself and those around you, even on tough days.</p>	May 16 <p>Challenge Write three things you like about yourself.</p>	May 17 <p>Learn: Meditation for Self-Esteem Learn how to break the cycle of negative self-talk and improve your sense of self.</p>
WEEK 4: CAREER	May 20 <p>Challenge Refrain from viewing work-related emails prior to your shift.</p>	May 21 <p>Headspace Conversations: Avoiding Work Burnout See how boundaries can enhance productivity and prioritize physical and mental health.</p>	May 22 <p>Challenge Change your environment by having lunch away from your desk or office.</p>	May 23 <p>Meditation: Decompress After Work Let go of the day and drop into the present moment to relax your body and mind.</p>	May 24 <p>Challenge Take a five minute break to go for a walk during the workday.</p>
WEEK 5: CONNECTION	May 27 <p>Headspace Conversations: Tackling Loneliness Members talk about COVID isolation, human connection, and more.</p>	May 28 <p>Challenge Call a friend just to say 'hi' and reconnect.</p>	May 29 <p>Meditation: Connecting with Community Tap into the support and warmth of community by connecting with others.</p>	May 30 <p>Challenge Make plans for quality time with a friend or family member.</p>	May 31 <p>Ask Rosie: Improving Your Relationships Learn a simple trick to bolster relationships with loved ones and yourself.</p>

Make time for your mind today and every day.

Headspace offers meditations, mindfulness tips, sleepcasts, focus playlists, and more.

Have a question? Email teamsupport@headspace.com