

# MAY IS MENTAL HEALTH AWARENESS MONTH

## 31 Tools to Thrive

Strengthening Your Mental Fitness One Day at a Time!

Good physical fitness requires us to care for our bodies with consistent healthy habits. The same is true for our minds.

North Range Behavioral Health invites you to join the "31 Tools to Thrive" challenge. Committing to one simple one self-care activity each day can strengthen your mental fitness and create a path to better wellness.



SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> Get Some Sunshine
<b>2</b> Volunteer	<b>3</b> Make a Cup of Tea	<b>4</b> Take Time to Laugh	<b>5</b> Check out <a href="#">myStrength</a>	<b>6</b> List 10 Things You Are Grateful For	<b>7</b> Practice a Deep Breathing Exercise	<b>8</b> Turn Off Your Phone an Hour Before Bed
<b>9</b> Get Creative	<b>10</b> Share Your Favorite Motivational Quote	<b>11</b> Plan a (COVID-Safe) Getaway or Staycation	<b>12</b> Try a New Recipe or Activity	<b>13</b> Call a Loved One	<b>14</b> Cook Your Favorite Meal	<b>15</b> Make Something for a Neighbor
<b>16</b> Enjoy Your Favorite Hobby	<b>17</b> Practice a Grounding Exercise	<b>18</b> Write a Letter	<b>19</b> Exercise for Ten Minutes	<b>20</b> Catch up with an Old Friend	<b>21</b> Smile	<b>22</b> Have a Dance Party
<b>23</b> Be a Tourist in Your Own Town	<b>24</b> Set an Intention for Your Day	<b>25</b> Cook a Healthy Meal	<b>26</b> Meditate for Five Minutes	<b>27</b> Go For a Walk Outside	<b>28</b> Tell Someone Why You Appreciate Them	<b>29</b> Listen to Your Favorite Song
<b>30</b> Host a Household Game Night	<b>31</b> Tell Someone They Matter					