

“I wish I could tell you it gets better. But it doesn't get better. You get better.”

Joan Rivers

May

03 Say **NO** to something today as a way to honor your needs. Resist the need to justify, explain or defend.

04 Try going with the flow today.

05 Use the breath to create space in your mind and body, especially if you're in a stressful situation.

06 Explore how emotions feel in the body. How does anxiety feel physically different than sadness?

07 Take a break and go for a walk today. Even if it's just around the block. Movement affects our mood.

01 “Everyone you meet is fighting a battle you know nothing about. Be kind. Always.” Keep this in mind today.

02 Rewrite a story that you've been telling about yourself that no longer serves you.

08 Recharge your batteries by taking a nap or going to bed early or on time.

09 Reach out to someone that means a lot to you. Connecting with loved ones is good for your health.

10 Step a tiny bit out of your comfort zone today.

11 Everything changes. This is both beautiful and tragic. Celebrate the gifts and grieve the losses.

12 Log how you're feeling with Calm's Mood Check-In or note it in a journal.

13 Ask a loved one to give you 3 reasons why they care for you. Listen and fully receive their love.

14 Pay attention to how different foods impact the way you feel. What do you want to eat more/less of?

15 Listen to the Rethinking Depression Masterclass in the Calm app.

16 **Recognize small successes like taking a shower or cleaning the dishes. Some days, these are big wins!**

17 Turn off notifications on your devices for things that leave you feeling stressed.

18 Give yourself time and space to feel and grieve any losses you've experienced. Healing is not a linear process.

19 **Start one of the 7 Days of ... meditation series in the Calm app.**

20 Reflect on the ways you've grown through heartache or adversity. Be proud of your progress!

21 It's #WorldMeditationDay! Meditate twice or set up a virtual meditation with a friend.

22 Share your struggles with a trusted friend. Bottling up emotions can lead to feelings of isolation and overwhelm.

23 Mindfully organize a cupboard or a drawer.

24 **Let go of the need to be validated by others and instead practice validating and accepting yourself.**

25 Be kind to yourself today. Do something that's good for your mental health.

26 Explore where you might need some stronger boundaries in your life. Honor your needs.

27 Try something in the Calm app that you haven't tried yet.

28 Today cultivate self-compassion by letting go of perfectionism. Use the affirmation: I am enough.

29 **Reach out to someone who is having a hard time and offer support. Or, ask for help if you need it!**

30 Step back and observe your thoughts. Recognize patterns and challenge your thoughts by asking — “is this true?”

31 Reflect on the past month and repeat an activity that boosted your well-being.

