May 2025 31 ways to empower minds and strengthen communities **SUNDAY** MONDAY **TUESDAY** WEDNESDAY THURSDAY **FRIDAY** 2 1 Take a mental health Call or screening online. 7 8 9 4 5 6 Share your mental health Support a small business Volunteer for a mental Set healthy boundaries Post about mental health Organi focused on wellness. story to help reduce stigma. health organization. around work, tech, or media. resources on social media. raise av 16 12 13 14 15 11 Create a calming space in Help a neighbor with a task Write a thank-you note to Advocate for improved Take a walk in nature and Attend or errand. someone who has supported mental health resources in reflect on your well-being. your home. school your city. you. 21 22 23 20 18 19 Join a virtual peer support Host a wellness day or Practice a random act of Cook or share a meal with Post flyers or share Medita mindfulness workshop. digital resources in your kindness. community. breath someone. neighborhood. 26 27 25 30

Decorate a space with

quotes.

Host a movie night with a mental health documentary or film.

Read a book that expands

your understanding of

mental health.

28 29 Organize a donation drive Share your favorite coping strategies with others. affirmations or inspirational for hygiene or comfort items.

Reflect come o grow.



SATURDAY	

r check in on a friend.	3 Attend a local community event or support group.
nize a walk or run to awareness.	10 Journal about what mental strength means to you.
d a local government or I board meeting.	17 Offer a listening ear to someone in need.
ate or try a new hing exercise.	24 Light up your porch green to support Mental Health Month.
t on how far you've and what you need to	31 Celebrate community by thanking those who make yours stronger.