

2024 Mental Health Awareness Month Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 What is Mental Health ?	2 Goal setting is a great way to refocus your thoughts and energy; what goals do you have?	3 What do you already do on a daily, weekly, monthly basis to support your mental health?	4 Practice Self-Care What is something you can do to “fill your cup?”
5 Rest = Reset Make sure you are making time to rest and get adequate sleep so your body has time to reset and recharge.	6 Movement Monday Physical movement positively impacts our mental health, so take a moment and incorporate movement into your day!	7 Tap in Tuesday Take care of your mental health through your spiritual well-being, and find meaning and purpose within your day!	8 Workplace Wednesday Connect with a mentor or someone you admire at work; your intellectual well-being can support your mental health.	9 Talkative Thursday Socialization fills our well-being meter. Engage in friendly conversations today!	10 Feelings Friday Emotional well-being is critical to our mental health; take a moment today to acknowledge and embrace your feelings.	11 Engage in one of your hobbies ! Doing something you enjoy helps you stay mentally healthy!
12 Healthy snacks can energize our brains and help us feel good.	13 Motivation Monday! What motivates you?	14 Take a moment to breathe!	15 Wellness Wednesday! How does your diet impact your mental health?	16 Practice Gratitude. Show someone that you appreciate them and the things they do to support you.	17 Fact Friday! Genetics, illnesses, injuries, life experiences, trauma, and family history are contributing factors to our mental health.	18 Learn about the signs of addiction ; 19 million U.S. adults struggle with substance misuse or addiction each year.
19 Physical health is just as important as your mental health and can even influence your mental health. Have you had your annual health screenings yet this year?	20 Invest in yourself! Is there something you have always wanted to learn or achieve? Take steps toward that self-investment today!	21 Music can influence our mood. Find a playlist of music you enjoy and feel the positive energy it brings.	22 Social media break!	23 Take a break! Taking breaks throughout your day is essential to get your blood flowing and give your brain a quick rest. What can you do for 5 minutes today?	24 Fact Friday! Almost half of Americans will meet the criteria for a diagnosable mental health condition at some point in their life.	25 Relationships are essential to maintaining our emotional well-being. Connect with a friend and support your mental health.
26 Volunteer! When we help others, we help ourselves.	27 Mindful Monday! Mindfulness is a great way to be in touch with the current moment.	28 What are your professional goals ? Have you communicated them at work or taken steps to get closer to a specific goal?	29 Choose Happiness.	30 List 3 things you will try to improve or maintain your mental health year-round.	31 Explore more resources to support your mental health!	