

MAY 2025

Daily action calendar



SUNDAY SLEEP	MONDAY MOVEMENT	TUESDAY POSITIVITY	WEDNESDAY MINDFULNESS	THURSDAY NUTRITION	FRIDAY COMMUNITY	SATURDAY GRATITUDE
27	28	29	30	01 Magnesium combats depression and anxiety. Magnesium-rich foods: whole grains, nuts, leafy greens, low fat dairy	02 Check in on someone that makes you smile (even virtual "friends")	03 Reflect on something good that happened this week
04 Turn off electronics to regulate your sleep cycle. How Electronics Affect Sleep	05 Spend time outdoors Check out activities going on at local parks	06 Positive Self-Compassion Ask yourself: "Am I speaking to myself the way I would speak to a friend?" How to relate to yourself in a forgiving way.	07 Mindful listening. Listen to guided videos or quietly listen to the sounds around you. Left Brain Buddha: Teaching Mindfulness Through Listening	08 Eating your fruits and veggies can actually make you happier	09 Give someone a compliment. 5 reasons why you should give compliments	10 Reflect on something good that happened this week
11 Enjoy a cup of hot tea for a calming effect. Best beverages to drink before bed	12 Stretching helps release tension in muscles, which can reduce stress and anxiety levels. Try these quick stretches	13 Positive Affirmations Choose and practice a daily affirmation, such as: "I am likable." Learn more: Enhance Your Life with Positive Psychology	14 Body scan meditation. Acknowledge your body from head to toe. Learn more: Mindful: Beginner's Body Scan Meditation Healthline: Body Scan Meditation Benefits	15 B vitamins support positive mood Eat leafy greens, citrus fruits, beans, and fortified breads and cereals	16 Give a gift (ways to show people that they have value). The psychological gift of giving a gift	17 Reflect on something good that happened this week
18 Go to bed at the same time each night. 6 Steps to Better Sleep	19 Go for a walk. Learn about the benefits of walking.	20 Look for the good in a situation 5 Tips to Train Yourself to Think Positively.	21 5 Senses Grounding. Acknowledge 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste. YouTube Guide: 5 Senses Grounding.	22 The 'sunshine vitamin' can be absorbed through the skin by spending time in the sun, or taken in supplements. Vitamin D lowers inflammation and regulates mood	23 Even your strongest supporter may need a check-in. How to check in on your strong friend's mental health	24 Reflect on something good that happened this week
25 Avoid caffeine and alcohol. Alcohol and caffeine hurt sleep quality and quantity	26 Make movement a habit. Start small, then increase your activity gradually. Put your exercise plan on your calendar, so it's part of your schedule	27 Sometimes it is hard to be positive. Here are 3 positive thinking techniques that can help	28 Mindful listening Either listen to guided videos or spend quiet time listening to the sounds around you. YouTube: Mindful Listening	29 Omega-3 improves brain function This is found in fatty fish like salmon, mackerel, sardines, and anchovies, as well as walnuts, flaxseeds, soybeans, soybean oil, and chia seeds.	30 Any act of kindness provides both the giver and the receiver with a sense of well-being and connection. Mental health benefits of simple acts of kindness	31 Reflect on something good that happened this week