

MAY 2026

Self-care action calendar



| SUNDAY ENVIRONMENTAL | MONDAY MENTAL | TUESDAY EMOTIONAL | WEDNESDAY SPIRITUAL | THURSDAY SOCIAL | FRIDAY PHYSICAL | SATURDAY RECREATIONAL |
|---|--|---|--|---|---|--|
| 26 | 27 | 28 | 29 | 30 | 01 Go for a walk. Learn about the benefits of walking | 02 Spend time outdoors Check out activities going on at local parks |
| 03 Create a relaxing, sleep-friendly bedroom with these four tips . | 04 Mindful listening. Listen to guided videos or spend quiet time listening to the sounds around you. Left Brain Buddha: Teaching Mindfulness Through Listening | 05 Positive Self-Talk Ask yourself: "Am I speaking to myself the way I would speak to a friend?" How to relate to yourself in a forgiving way | 06 Mindful listening. Listen to guided videos or quietly listen to the sounds around you. Left Brain Buddha: Teaching Mindfulness Through Listening | 07 Check in on someone who makes you smile (even virtual friends) | 08 Stretching helps release tension in muscles, which can reduce stress and anxiety levels. Try these quick stretches | 09 Get some "sunshine vitamin" by spending time in the sun. Vitamin D reduces inflammation and regulates mood |
| 10 Form good daily habits to take care of your mental health. Benefits of having a routine . | 11 Puzzles and brain games can improve mental function and provide a sense of control. | 12 Positive Affirmations Choose and practice a daily affirmation, such as: "I am likable." Learn more: Enhance Your Life with Positive Psychology | 13 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 | 14 Connect with your community! See what's happening at your local library . | 15 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. | 16 Spend time with friends or family. How friendship improves your health . |
| 17 Improve your study / work space. How to create a productive study space . | 18 Practice forgiveness to heal your brain and body. | 19 Look for the good in a situation. 5 Tips to Train Yourself to Think Positively | 20 Try singing for wellbeing! There are emotional, social, and psychological benefits to singing . | 21 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 | 22 Practice yoga to lower anxiety and stress. Check out this library of free yoga videos! | 23 Listen to music for a sense of wellbeing. |
| 24 Take the Road to Self-care to lower anxiety and reduce risky driving. | 25 Give yourself credit. Name your strengths . | 26 Choose and practice a daily affirmation, such as: "I am likable." Enhance your life with positive psychology . | 27 Attend a religious service or spiritual group. How spirituality helps your mental health . | 28 Give someone a compliment. Create a ripple effect of kind words . | 29 Even small amounts of exercise can help! Five or ten minutes at a time adds up to big benefits! | 30/31 Make time for a hobby to support your mental wellness. |