


MAY 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Children's Mental Health Awareness Week is May 2-8, 2021 <i>Tips for Practicing Self-Care as a Family</i></p>						<p>1 Go play in the park, if possible!</p>
<p>2 Learn the facts about children's mental health!</p>	<p>3 Write positive notes to family members or friends!</p>	<p>4 Exercise your brain: do a puzzle, craft, read, listen to music.</p>	<p>5 Reach out for support - from family, friends or a professional.</p>	<p>6 Wear GREEN for Children's Mental Health Awareness!</p>	<p>7 Gather together tonight for storytime!</p>	<p>8 Take a break from electronics today.</p>
<p>9 Create a family routine.</p>	<p>10 Have a family dinner and take time to encourage one another.</p>	<p>11 Stay hydrated and try to eat a balanced diet.</p>	<p>12 Take some alone time to do something you love.</p>	<p>13 Talk about favorite family memories together.</p>	<p>14 Turn on your favorite music for a family dance party!</p>	<p>15 Make mindfulness jars or find a new way to practice this!</p>
<p>16 Clean up/declutter your living space.</p>	<p>17 Try to get to bed a little earlier tonight.</p>	<p>18 Verbalize and talk about feelings.</p>	<p>19 For 5 minutes, try a meditation and recenter yourself.</p>	<p>20 Take a family walk and notice all the things in nature.</p>	<p>21 Have dinner outside tonight.</p>	<p>22 Reevaluate self-care plans. Build in some flexibility.</p>
<p>23 Look for something new to learn about together as a family.</p>	<p>24 Study the details of something you love and draw it!</p>	<p>25 Remain positive about the future. Create goals & vision boards!</p>	<p>26 Have Family Yoga Night before bed!</p>	<p>27 Try a new, healthy recipe for a meal today!</p>	<p>28 Engage in an act of service.</p>	<p>29 Make a to-do list and mark it off today!</p>
<p>30 Cut something out of your family schedule this week!</p>	<p>31 Look for opportunities to practice gratitude and forgiveness.</p>	<p><i>The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland & the Maryland Coalition of Families with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School & Community Champions across the state, is to raise public awareness of the importance of children's mental health.</i></p> <p>For more information, please visit www.ChildrensMentalHealthMatters.org MHAMd: 443-901-1550 www.mhamd.org MCF: 410-730-8267 www.mdcoalition.org</p>				

