



May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 It's May Day—smell a flower (pick if it's yours)
2 Reflect on how you contribute to your work or family team	34 Do simple neck rolls to relax your neck	4 Celebrate Cinco de Mayo	65 Commit to watch only 30 minutes of news	6 Enjoy your favorite sandwich—enjoy the smell and the taste	7 Tell yourself your favorite joke and laugh aloud	7 Make a list of the 5 best things about being you
9 Watch a movie, start to finish, no interruptions	10 Smile at everyone you meet today—say a warm hello	11 Call your best friend to check in	12 Take 10 deep breaths, slowly exhaling	13 Focus on your goal, what one thing could you do today?	14 Drink at least 64 ounces of water today-no excuses	15 Clean out your “junk drawer” and restore order
16 Listen to a child’s book being read on YouTube	17 Figure out how many drops of water fit on a penny	18 Do 10 sit-ups (you can bend your knees)	19 Donate a can of food to your local Food Bank	20 Sing the chorus of “You Are My Sunshine”	21 Shrug your shoulders 10 times at your desk	22 Stand up and do the Macarena or a Line Dance
23 Remember a loved one who is no longer with you	24 Eat 5 fruits and vegetables today	25 Go for a 30-minute walk—clear your mind	26 Be silent and mindful for 15 minutes	27 Take a hot shower and just enjoy the warm water	28 Recharge your batteries—focus your breathing	29 Take time to create a positive personal mantra to say daily
30 Enjoy the day—do something that is restful	31 Remember the Veterans who gave their life for your freedom					

Self-Care Calendar