Believe you can and you’re halfway there.

― Theodore Roosevelt

**SUN**
Track gratitude and achievement. Write in a journal - include 3 things you were grateful for and 3 things you were able to accomplish each day.

**MON**
Start your day with a cup of coffee. Do you drink at least 8 cups a day? Depression and boost energy levels, reduce overall well-being.

**TUE**
Set up a summer get away to somewhere with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!

**WED**
Work your strengths. Do something you’re good at to build self-confidence, then tackle a tougher task. You’ve got this!

**THU**
Keep it cool for a good night’s sleep. The optimal temperature for sleep is between 66° and 67° Fahrenheit.

**FRI**
“You don’t have to see the whole staircase, just take the first step.” - Martin Luther King Jr.

**SAT**
Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.

**2016 MAY**

**15**
Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body’s “feel-good” chemicals).

**16**
Mondays can be a little rough. Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.

**17**
Relax in a warm bath once a week. Try adding epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.

**18**
Has something been bothering you? Let it all out…on paper. Writing has been shown to reduce anxiety.

**19**
Spend some time with a furry friend. Time with animals lowers the stress hormone — cortisol, and boosts oxytocin — which stimulates feelings of happiness. If you don’t have a pet, hang out with a friend who does or volunteer at a shelter.

**20**
“What lies before us and what lies behind us are bothgaben. What lies within out into the world, miracles happen.” - Henry David Thoreau

**21**
Be a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.

**22**
Try prepping your lunches or picking out your clothes for the work week. You’ll save some time in the mornings and have a sense of control about the week ahead.

**23**
Work some omega-3 fatty acids into your diet – they are linked to decreased rates of depression and schizophrenia among many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.

**24**
Practice forgiveness — even if it’s just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.

**25**
“What appear to be calamities are often the sources of fortune.” - O. Israéli

**26**
Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

**27**
Send a thank you note — not for a material item, but for something you appreciate. Written expressions of gratitude are linked to increased happiness.

**28**
It’s Memorial Day Weekend! Do something with friends and family - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.

**29**
Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Research shows being in nature can increase energy levels, reduce depression and boost well-being.

**30**
Enjoy Memorial Day! Make sure to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

**31**
“Anyone who has never made a mistake has never tried anything new.” - Albert Einstein

Try something outside of your comfort zone to make room for adventure and excitement in your life.

*#mentalillnessfeelslike

Share what it’s like for you by tagging your social media posts with #mentalillnessfeelslike.

See what others are saying at mentalhealthamerica.net/feelslike where you can also submit anonymously.

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May is Mental Health Month

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