
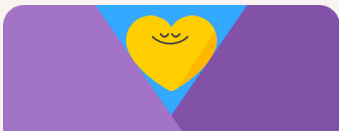

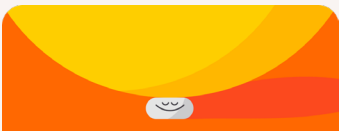









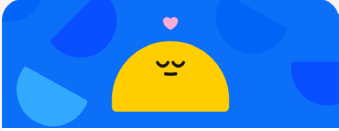





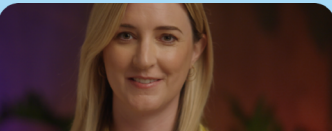






# Mental Health Awareness Month

Care for your mind, honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health with daily resources designed to cultivate tenderness with yourself and others.

	Monday	Tuesday	Wednesday	Thursday	Friday
	April 29	April 30	May 01	May 02	May 03
WEEK 1: MIND		 <p><b>Tip:</b> Review the calendar and circle the resources that you'd like to explore this month.</p>	 <p><b>Course:</b> Five Mindful Minutes Treat yourself with a relaxing break to settle your mind and body.</p>	 <p><b>Challenge</b> Journal difficult feelings or anxious thoughts in a notebook.</p>	 <p><b>Learn:</b> Letting Go of Stress Develop your awareness of stress and learn how to reframe negative emotions.</p>
	May 06	May 07	May 08	May 09	May 10
WEEK 2: BODY	 <p><b>Challenge</b> Try square breathing to bring calm and relaxation to the body.</p>	 <p><b>Move:</b> Afternoon Reset A 20-minute guided exercise to promote movement.</p>	 <p><b>Challenge</b> Set aside 5 minutes to stretch and release tension from the body.</p>	 <p><b>Learn:</b> How to Reset Your Sleep Schedule Get science-backed tips for enjoying a better night's rest.</p>	 <p><b>Challenge</b> Eat a nourishing meal that supports your body.</p>
	May 13	May 14	May 15	May 16	May 17
WEEK 3: SELF-LOVE	 <p><b>Learn:</b> Realizing and Improving Your Self Worth Understand what inner-shifts you can make to boost your inner confidence.</p>	 <p><b>Challenge</b> Write a kind letter to your 'younger self.'</p>	 <p><b>Meditation:</b> Manifesting Compassion Have compassion for yourself and those around you, even on tough days.</p>	 <p><b>Challenge</b> Write three things you like about yourself.</p>	 <p><b>Learn:</b> Meditation for Self-Esteem Learn how to break the cycle of negative self-talk and improve your sense of self.</p>
	May 20	May 21	May 22	May 23	May 24
WEEK 4: CAREER	 <p><b>Challenge</b> Refrain from viewing work-related emails prior to your shift.</p>	 <p><b>Headspace Conversations:</b> Avoiding Work Burnout See how boundaries can enhance productivity and prioritize physical and mental health.</p>	 <p><b>Challenge</b> Change your environment by having lunch away from your desk or office.</p>	 <p><b>Meditation:</b> Decompress After Work Let go of the day and drop into the present moment to relax your body and mind.</p>	 <p><b>Challenge</b> Take a five minute break to go for a walk during the workday.</p>
	May 27	May 28	May 29	May 30	May 31
WEEK 5: CONNECTION	 <p><b>Headspace Conversations:</b> Tackling Loneliness Members talk about COVID isolation, human connection, and more.</p>	 <p><b>Challenge</b> Call a friend just to say 'hi' and reconnect.</p>	 <p><b>Meditation:</b> Connecting with Community Tap into the support and warmth of community by connecting with others.</p>	 <p><b>Challenge</b> Make plans for quality time with a friend or family member.</p>	 <p><b>Ask Rosie:</b> Improving Your Relationships Learn a simple trick to bolster relationships with loved ones and yourself.</p>

Make time for your mind today and every day.

Headspace offers meditations, mindfulness tips, sleepcasts, focus playlists, and more.

Have a question? Email [teamsupport@headspace.com](mailto:teamsupport@headspace.com)