

More individuals are talking openly and honestly about mental health and are advocating for improving our nation's mental health care system. Join Uprise Health as we celebrate Mental Health Awareness Month! Use this calendar every day to reflect on your own mental health journey, and help spread the word through awareness, support, and advocacy.

Mental Health Awareness Month:

Daily Actions in May

1

Start a Gratitude Journal

2

Practice Deep Breathing

3

Take a Nature Walk

4

Try a New Recipe

5

Practice Mindfulness Meditation

6

Engage in Creative Expression

7

Digital Detox

8

Reach Out to a Friend

9

Practice Positive Affirmations

10

Declutter Your Space

11

Volunteer Your Time

12

Practice Progressive Muscle Relaxation

13

Listen to Upbeat Music

14

Set Boundaries

15

Treat Yourself to Something Special

16

Write a Letter of Encouragement

17

Practice Visualization

18

Try a New Physical Activity

19

Practice Self-Compassion

20

Cultivate Gratitude for Your Body

21

Practice Random Acts of Kindness

22

Practice Active Listening

23

Create a Relaxation Corner

24

Reflect on Your Achievements

25

Learn Something New

26

Practice Acceptance

27

Practice Deep Listening

28

Cultivate Mindfulness in Everyday Activities

29

Practice Gratitude Meditation

30

Connect with Loved Ones

31

Reflect on Your Growth

1 in 20 U.S. adults experience a serious mental illness each year, but **less than 2/3** receive treatment. The average delay between onset of mental illness symptoms and treatment is **11 years**.

55% of U.S. counties do not have a single practicing psychiatrist

60% of Americans are concerned about the stigma around mental illness.

For additional information, visit nami.org.

For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. The Guardian Life Insurance Company of America®, New York, NY and Uprise Health, Irvine, California 92614. GUARDIAN® is a registered trademark of The Guardian Life Insurance Company of America® and is used with express permission.