
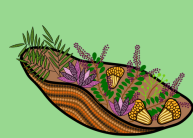
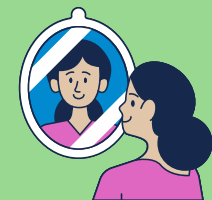




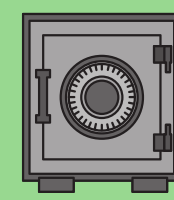



MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>Mental Health Awareness Month</h2>			1  Reflect on April's celebrations.	2  Seek social support.	3  Stay informed about local resources for prevention.	4  Establish betting limits before the Kentucky Derby.
5  Celebrate Cinco de Mayo mindfully.	6  Partner with local organizations on community service projects.	7  Show a teacher you appreciate them.	8  Engage in outdoor exercise.	9  Promote National Children's Mental Health Awareness Day.	10  Arrange tastings of traditional foods for Native American Day.	11  Create a wellness plan.
12  Dedicate Mother's Day to self-care activities.	13  Share your #MyPreventionStory.	14  Get involved with a community coalition.	15  Take a moment for mid-month reflection.	16  Enjoy a screen-free dinner.	17  Set healthy boundaries.	18  Repeat positive affirmations.
19  Establish healthy sleep habits.	20  Find what motivates you.	21  Practice mindful eating.	22  Listen to music from a different culture.	23  Ground your body and mind.	24  Be mindful of peer influence.	25  Monitor prescription medications.
26  Make every day special.	27  Write a tribute for Memorial Day.	28  Support academic success.	29  Prevent bullying before it starts.	30  Express your creativity.	31  Set goals for June.	

Share on social media
#EveryoneHasARole

Prevention
 Action Alliance

Click the links for short activities you can do to help support [everyday prevention](https://www.everydayprevention.org/) in your community.