

# MAY 2021



## MENTAL HEALTH AWARENESS MONTH

### JOURNEY INWARD WITH LIFELINES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CALENDAR KEY</b>						<b>STOP</b> 1
<b>Suggested Activity</b>						<b>Journaling:</b> Write a letter to your June 1st self
LifeLines Workshops *ALL TIMES EASTERN						
<b>STOP</b> 2	<b>STOP</b> 3	<b>STOP</b> 4	<b>STOP</b> 5	<b>STOP</b> 6	<b>PERCEIVE</b> 7	<b>PERCEIVE</b> 8
<b>Engage in a hands-on hobby</b>  Exploring Your Inner Landscape with Maureen 1 PM ET & 4 PM ET	<b>Take a photo of nature</b>  Deborah's Journey 8:30 PM ET	<b>Practice Earthing</b>  Earthing, With Erica Noon ET Scent-sory Engagement with Melissa 3 PM ET	<b>5 Senses Meditation</b>  Virtual Book Tour at Unlikely Story 7 PM ET	<b>Practice conscious breathing</b>  Loredana's Journey 6 PM ET	<b>Create your Dot Moments timeline</b>	<b>Journaling:</b> Face your feelings
<b>PERCEIVE</b> 9	<b>PERCEIVE</b> 10	<b>PERCEIVE</b> 11	<b>PERCEIVE</b> 12	<b>ALLOW</b> 13	<b>ALLOW</b> 14	<b>ALLOW</b> 15
<b>Track your mood</b>  lifelines.com/compass	<b>Mental noting of emotions</b>  The Full Spectrum of Emotions with Melissa and Lindsay 3 PM ET	<b>Examine your labels</b>  Feel to Heal, with Erica Noon ET James's Journey 8:30 PM ET	<b>Identify any negative self talk</b>  Virtual Book Tour at The Book Cellar 8 PM ET	<b>Move to music</b>  Musical Medicine with Alfonsina and Chetan 8 PM ET	<b>Find space from your inner critic</b>  Your Inner Critic with Melissa and Lindsay 3 PM ET	<b>Journaling:</b> Inventory your emotional baggage
<b>ALLOW</b> 16	<b>ALLOW</b> 17	<b>ALLOW</b> 18	<b>COMPREHEND</b> 19	<b>COMPREHEND</b> 20	<b>COMPREHEND</b> 21	<b>COMPREHEND</b> 22
<b>Soak in a warm bath</b>  Adrienne's Journey 8 PM ET	<b>Be the Sky visualization</b>  Be the Sky with Melissa 5 PM ET	<b>Write to someone no longer in your life</b>  Embracing Grief with Keisha and Melissa 8:30 PM ET	<b>Ask someone for help</b>  'Psychotherapy' Redefined with Melissa and Loredana 5:30 PM ET	<b>Examine your defense mechanisms</b>  Solace in the Stars with Alfonsina and Chetan 9:30 PM ET	<b>Identify your ego's impulses</b>  Guy Kawasaki's Journey Noon ET	<b>Journaling:</b> Talk to your inner child
<b>COMPREHEND</b> 23	<b>COMPREHEND</b> 24	<b>EMBRACE</b> 25	<b>EMBRACE</b> 26	<b>EMBRACE</b> 27	<b>EMBRACE</b> 28	<b>EMBRACE</b> 29
<b>Reframe a negative cognition</b>	<b>Move into your heart</b>  Tracing Triggers with Melissa & Lindsay Noon ET Cayman Kelly's Journey 8 PM ET	<b>Practice compassionate awareness</b>  Kindling the Spark with Erica Noon ET Erica's Journey 3 PM ET	<b>Supporting a loved one</b>  Supporting a Loved one with Doug and Melissa 8:30 PM ET	<b>Find your affirmation</b>  Sharing Our Sparks 8 PM ET	<b>A Conversation Among Guests</b>  The Many Sides of You with Melissa and Lindsay Noon ET	<b>Journaling:</b> Ask the big questions
<b>EMBRACE</b> 30	<b>REFLECT</b> 31					
<b>Random act of kindness</b>	<b>Three blessings gratitude</b>  MEMORIAL DAY					

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More details on the daily suggested activities can be found at [lifelines.com/blog](http://lifelines.com/blog)  
We invite you to share thoughts / experiences in our Private Facebook Group  
at [bit.ly/LifeLinesSeekers](http://bit.ly/LifeLinesSeekers)

