

# MAY 2021



## MENTAL HEALTH AWARENESS MONTH

### JOURNEY INWARD WITH LIFELINES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CALENDAR KEY</b>  <b>Suggested Activity</b>  LifeLines Workshops *ALL TIMES EASTERN						<b>STOP 1</b>  <b>Journaling:</b> Write a letter to your June 1st self
<b>STOP 2</b>  <b>Engage in a hands-on hobby</b>  Exploring Your Inner Landscape with Maureen 1 PM ET & 4 PM ET	<b>STOP 3</b>  <b>Take a photo of nature</b>  Deborah's Journey 830 PM ET	<b>STOP 4</b>  <b>Practice Earthing</b>  Earthing, With Erica Noon ET Scent-sory Engagement with Melissa 3 PM ET	<b>STOP 5</b>  <b>5 Senses Meditation</b>  Virtual Book Tour at Unlikely Story 7 PM ET	<b>STOP 6</b>  <b>Practice conscious breathing</b>  Loredana's Journey 6 PM ET	<b>PERCEIVE 7</b>  <b>Create your Dot Moments timeline</b>	<b>PERCEIVE 8</b>  <b>Journaling:</b> Face your feelings
<b>PERCEIVE 9</b>  <b>Track your mood</b>  lifelines.com/compass	<b>PERCEIVE 10</b>  <b>Mental noting of emotions</b>  The Full Spectrum of Emotions with Melissa and Lindsay 3 PM ET	<b>PERCEIVE 11</b>  <b>Examine your labels</b>  Feel to Heal, with Erica Noon ET James's Journey 8:30 PM ET	<b>PERCEIVE 12</b>  <b>Identify any negative self talk</b>  Virtual Book Tour at The Book Cellar 8 PM ET	<b>ALLOW 13</b>  <b>Move to music</b>  Musical Medicine with Alfonsina and Chetan 8 PM ET	<b>ALLOW 14</b>  <b>Find space from your inner critic</b>  Your Inner Critic with Melissa and Lindsay 3 PM ET	<b>ALLOW 15</b>  <b>Journaling:</b> Inventory your emotional baggage
<b>ALLOW 16</b>  <b>Soak in a warm bath</b>  Adrienne's Journey 8 PM ET	<b>ALLOW 17</b>  <b>Be the Sky visualization</b>  Be the Sky with Melissa 5 PM ET	<b>ALLOW 18</b>  <b>Write to someone no longer in your life</b>  Embracing Grief with Keisha and Melissa 8:30 PM ET	<b>COMPREHEND 19</b>  <b>Ask someone for help</b>  'Psychotherapy' Redefined with Melissa and Loredana 5:30 PM ET	<b>COMPREHEND 20</b>  <b>Examine your defense mechanisms</b>  Solace in the Stars with Alfonsina and Chetan 9:30 PM ET	<b>COMPREHEND 21</b>  <b>Identify your ego's impulses</b>  Guy Kawasaki's Journey Noon ET	<b>COMPREHEND 22</b>  <b>Journaling:</b> Talk to your inner child
<b>COMPREHEND 23</b>  <b>Reframe a negative cognition</b>	<b>COMPREHEND 24</b>  <b>Move into your heart</b>  Tracing Triggers with Melissa & Lindsay Noon ET Cayman Kelly's Journey 8 PM ET	<b>EMBRACE 25</b>  <b>Practice compassionate awareness</b>  Kindling the Spark with Erica Noon ET Erica's Journey 3 PM ET	<b>EMBRACE 26</b>  <b>Supporting a loved one</b>  Supporting a Loved one with Doug and Melissa 8:30 PM ET	<b>EMBRACE 27</b>  <b>Find your affirmation</b>  Sharing Our Sparks 8 PM ET	<b>EMBRACE 28</b>  <b>A Conversation Among Guests</b>  The Many Sides of You with Melissa and Lindsay Noon ET	<b>EMBRACE 29</b>  <b>Journaling:</b> Ask the big questions
<b>EMBRACE 30</b>  <b>Random act of kindness</b>	<b>REFLECT 31</b>  <b>Three blessings gratitude</b>  MEMORIAL DAY					

## SIGN UP AT [LIFELINES.COM/EVENTS](https://lifelines.com/events)

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

