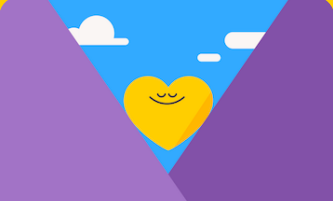







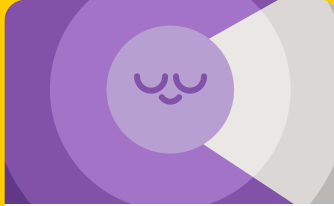


















# Mental Health Awareness Month

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 by participating in a variety of activities geared at cultivating tenderness with yourself and others.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May 01</p>  <p><b>Course: Five Mindful Minutes</b> Treat yourself with a relaxing break to settle your mind and body.</p>	<p>May 02</p>  <p><b>Breathing Exercises: Reduce Stress</b> Experiment with a few breathing exercises to learn which one works best for you.</p>	<p>May 03</p> 	<p>May 04</p>  <p><b>Learn: Negative Self-Talk</b> Treat yourself with a relaxing break to settle your mind and body.</p>	<p>May 05</p>  <p><b>Meditation: Restore</b> A quick 2-minute meditation to reset and restore.</p>
<p>May 08</p> 	<p>May 09</p>  <p><b>Learn: How to Reset Your Sleep Schedule</b> Read about the science behind sleep and learn tips for getting a better night's rest.</p>	<p>May 10</p>  <p><b>Meditation: Release Your Anxiety</b> Expressing your anxiety is a healing act. Try this 4-minute meditation to help you move through it.</p>	<p>May 11</p>  <p><b>Meditation: Focus Reset</b> A quick 2-minute meditation to regain focus, study, or get tasks done.</p>	<p>May 12</p> 
<p>May 15</p>  <p><b>Meditation: Morning Pause</b> Try this meditation to ground yourself before starting the day.</p>	<p>May 16</p> 	<p>May 17</p>  <p><b>Move: Afternoon Reset</b> A 20-minute guided exercise to promote movement</p>	<p>May 18</p> 	<p>May 19</p>  <p><b>Meditation: Self-Love</b> Read this blog and try a meditation geared at reframing narratives about body image.</p>
<p>May 22</p> 	<p>May 23</p>  <p><b>Meditation: Feeling Overwhelmed?</b> Sometimes the Sunday Scaries bleed into the week. Try this 2-minute meditation when you feel overwhelmed.</p>	<p>May 24</p>  <p><b>Watch: Managing Anxious Thoughts &amp; Stress with Mindfulness</b> Feeling stressed? Try this quick visualization exercise to ground yourself.</p>	<p>May 25</p>  <p><b>Sleepcast: Rainday Antiques</b> Fall asleep with one of Headspace's most popular sleepcasts featuring the soothing sounds of rain.</p>	<p>May 26</p> 
<p>May 29</p>  <p><b>Meditation: Manifesting Compassion</b> Have compassion for yourself and those around you, even on tough days.</p>	<p>May 30</p> 	<p>May 31</p>  <p><b>Prompt: 3 Big Things</b> Take a moment to jot down three things you're proud of yourself for and three things you learned while focusing on your mental health this month.</p>	<p>Jun 01</p> 	<p>Jun 02</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)

