

MAY 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Friday

MENTAL HEALTH AWARENESS MONTH

1.
Deep
breathing
exercises

2.
Deep
breathing
exercises

3.
Outdoor
nature walks

4.
Meditation

5.
Creative
Expression

6.
Sunbathing

7.
Sunbathing

8.
Sunbathing

9.
Deep
breathing
exercises

10.
Digital Detox

11.
Digital Detox

12.
Digital Detox

13.
Mind-body
relaxation

14.
Gratitude
Journaling

15.
Gratitude
Journaling

16.
Gratitude
Journaling

17.
Mind-body
relaxation

18.

19.
No caffeine

20.
Therapy

21.
Animal Care
Visit

22.
No caffeine

23.
Animal Care
Visit

24.
Digital Detox

25.
Digital Detox

26.
Digital Detox

27.
Learn new
skills

28.
Learn new
skills

29.
Learn new
skills

30.
Learn new
skills

31.
Therapy

Reach out for help.

[Your Company Number]

[Your Company Email]

[Your Company Website]

Monthly Health Observance Calendar 2014

David Kirk



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