



The Clinic's Mental Health Month Challenge

May 2022

We'll be posting social media content all month long to support you in these challenges!

: @TheClinicCA

Sunday	PHYSICAL HEALTH Monday	EMOTIONAL HEALTH Tuesday	SOCIAL HEALTH Wednesday	SPIRITUAL HEALTH Thursday	INTELLECTUAL HEALTH Friday	Saturday
1 FREE SPACE	2 IG LIVE: Setting intentions for the month Spend at least 15 minutes moving outside 	3 IG LIVE: Let's get creative together Get creative - paint, write, cook, or anything else that feels creative for you	4 Sign up for a volunteer opportunity or do something to support your community	5 IG LIVES: Guided meditations Try meditating for 5 minutes or more	6 Check out a book/buy a book you've been wanting to read for a while	7 FREE SPACE
8 FREE SPACE	9 IG LIVE: Preparing for this week's wellness challenges If accessible, pick up some healthy groceries and eat a balanced meal	10 IG LIVE: The power of affirmations Try out affirmations by displaying them on post-its, via an app, creating an affirmation jar	11 Go on a date with a current partner, new love interest, or platonic buddy 	12 Dedicate time to a spiritual or religious practice	13 Watch a documentary about a subject that interests you	14 FREE SPACE
15 FREE SPACE	16 IG LIVE: Preparing for this week's wellness challenges Engage with any or all of the 5 senses	17 IG LIVE: How to find the right therapist Explore options for connecting with a therapist	18 Reach out to a friend or family member you've been meaning to connect with	19 IG LIVE: What activism might look like for you Make plans to become more involved in activism that feels meaningful to you	20 Listen to your favorite special-interest podcast 	21 FREE SPACE
22 FREE SPACE	23 IG LIVE: How to set up a journaling practice Let your body rest by sleeping in, taking a nap, or going to bed earlier than usual	24 Utilize journal prompts for self-reflection 	25 Identify three online or in-person clubs you might be interested in joining <small>(Bonus points if you actually join one today!)</small>	26 IG LIVE: A break to watch the ocean waves Spend at least 15 minutes sitting in nature	27 Look into a class you can take this summer to increase your knowledge or grow professionally	28 FREE SPACE
29 FREE SPACE	30 Take a mindful shower or relaxing bath	31 IG LIVE: Reflecting on the month Express gratitude to yourself for all of the ways you took care of yourself this month!	<i>For weekend "Free Spaces," do something that honors where you're at that day </i>			