



MAY IS MENTAL HEALTH MATTERS MONTH

#EachMindMatters

Mental Health Matters Month Online Activity Guide

This year's Mental Health Matters Month theme, "Express Yourself," is all about how expressing yourself in creative ways can help with self-care and supporting your mental wellness. See below for suggested activities for Week #2.

Week Two (May 10-16) -- 'Express Your Well-being'

Plant care is self-care

This May we invite you to spend some time gardening as a self-care activity, whether it is planting new seeds or caring for the plants in our home. Planting seeds and caring for them as they grow can support our mental well-being by encouraging us to practice acceptance and be present, and it can be a productive coping mechanism for dealing with stress, anxiety and depression. Learn more at EachMindMatters.org/seeds.

Color for calmness

Use art as a form of therapy by taking the time to color these pages with positive messages. [Download and print the coloring page files here](#). Use any available art supplies (crayons, coloring pencils, markers, etc.) and invite both kids and adults to participate.

Take a deep breath

We believe Each Mind Matters, especially yours! Take some time this week to try new meditation exercises and find a routine that works for you. A couple of no-cost options are the apps [Insight Timer](#) and [Sanvello](#) (free for students).