



# MAY 2022

## Inspiration Calendar: Mental Health Edition

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Boost your confidence and self-love with <a href="#">these tips</a> .	2 Check out <a href="#">these famous men</a> who've opened up about mental health.	3 <a href="#">Laugh</a> - it's good for you!	4 Try a <a href="#">Hot Girl Walk</a> (you don't have to be a girl, either).	5 Read some fun facts about <a href="#">Cinco de Mayo</a> .	6 Download one of <a href="#">these self-care apps</a> .	7 Watch <a href="#">this short film</a> that talks about postnatal depression.
8 Mother's Day <a href="#">Show some love</a> to those who need extra support today.	9 <a href="#">Get better sleep</a> & feel your best.	10 Try one of these <a href="#">online mental health services</a> .	11 Take a break from your smartphone & reap the <a href="#">benefits of a digital detox</a> .	12 Stretch it out with some yoga - <a href="#">get started here</a> .	13 Reach out to a <a href="#">counselor</a> .	14 National Dog Mom Day <a href="#">Read these sweet rescue stories</a> .
15 Learn about connections between <a href="#">nutrition &amp; mental health</a> .	16 Watch <a href="#">this documentary</a> about youth mental health.	17 Celebrate Caesar Day - try <a href="#">this classic recipe</a> for the Canadian cocktail.	18 Try meditating. <a href="#">These apps</a> can help.	19 Feel better by journaling. <a href="#">Here's how to start</a> .	20 Try this <a href="#">5-min mindfulness meditation</a> to feel calm.	21 Brush up on your <a href="#">mental hygiene</a> .
22 Take a little break & play a <a href="#">word game</a> .	23 Get high on life - incorporate a <a href="#">natural mood booster</a> into your routine.	24 <a href="#">Go alcohol free on weekdays</a> .	25 Wind down with this <a href="#">12-min bedtime yoga video</a> .	26 Try a <a href="#">walking meditation</a> .	27 Follow a <a href="#">positive YouTuber</a> that uses social media for good.	28 <a href="#">Spend time with animals</a> - even if you don't/can't have a pet.
29 Relieve stress quickly with <a href="#">these tips</a> .	30 LOL at these award-winning <a href="#">funny animal photos</a> .	31 Imagine you're relaxing on the beach with this <a href="#">ukulele playlist</a> .	1	2	3	4
5	6	7	8	9	10	11

Spreading positive, inspiring, helpful stories you'll want to bite into.



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