

2025

May Mindful Moments



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|---|
| | | | | 1 Step outside and take 5 deep breaths | 2 Reach out to a friend to tell them you are thinking of them. | 3 Take a break from your phone or computer |
| 4 Listen to a guided breathing exercise | 5 Smile at a stranger | 6 Watch a funny video or show | 7 Take a stretch break | 8 Write 5 things you are thankful for | 9 Give someone a compliment | 10 Take a walk |
| 11 Eat a favorite food | 12 Close your eyes and take 3 long deep breaths in and out | 13 Do something you enjoy | 14 Tidy up your workspace | 15 Drink 8 oz of water, first thing in the morning | 16 Go outside and look up at the blue sky. Breathe in the fresh air | 17 Call or visit with a friend |
| 18 Listen to a meditation for World Meditation Day | 19 Read a book for 10 minutes | 20 Put your phone away an hour before bed | 21 Select something you'd like to learn and make a plan to learn it | 22 Spend time doing something you enjoy | 23 Enjoy a cup of coffee or tea | 24 Eat your favorite fruit or vegetable |
| 25 Listen to a favorite song | 26 Wear your favorite color | 27 Notice the spring flowers | 28 Take 2 minutes and tune into your senses | 29 Perform a random act of kindness | 30 Take a walk | 31 Step outside and look up at the evening stars |

Small daily actions can increase our mental well-being and resilience to stress. Try these activities and check in with how you feel. Feel free to switch activities or repeat your favorite ones.

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