



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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Mental Health Awareness

May is Mental Health Awareness Month, a time to check in with yourself and others. Your mental health is just as important as your physical health.

Taking small steps each day—like setting boundaries, talking to someone you trust, or taking a break—can make a big difference.

Reminder:

You don't have to wait until things feel overwhelming to take care of yourself.

Wellness Check-In:



How Full Is Your Battery?

Take a moment to ask yourself:

- Am I feeling energized or drained?
- What's been stressing me out lately?
- What is one thing I can do today to recharge?

RESOURCES

[10 Journal Prompts to Spark Self-Reflection](#)

[Burnout: Do you need a break?](#)

[Building Boundaries Worksheet](#)

[May Wellness Tips Calendar](#)

[Coloring Page](#)

[How can I improve my mental health on my own?](#)

LAUNDRY CAN WAIT
YOUR NEWSFEED CAN WAIT
EMAILS CAN WAIT
DISHES CAN WAIT

**MENTAL HEALTH
CAN'T WAIT**

SCAN TO GET STARTED



mhanational.org/may

MHA
Mental Health America

TURN
AWARENESS
INTO
ACTION

SMARTPHONE APPS

- [Calm](#)
- [PersonalZen](#)
- [Happify](#)
- [Pacifica](#)
- [SuperBetter](#)
- [Breathe2Relax](#)
- [How We Feel](#)

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