

GRATEFUL MAY

Mental Health Month

Selfless SUNDAY	Mix It Up MONDAY	Giving TUESDAY	Wellness WEDNESDAY	Thank You THURSDAY	FRIDAY Feeling	Social SATURDAY
Tag us in your gratitude!  @mghclaycenter	¹ Put a gratitude jar at home, school, work, for folks to contribute to this month.	² Give someone a compliment.	³ Go for a walk and focus on being grateful for the time, fresh air and movement.	⁴ <i>Challenge:</i> Say a sincere 'Thank You' to someone 5 times today!	⁵ "Enough is as good as a feast." <i>- Old Proverb</i>	⁶ Schedule a gratitude meeting with friends to connect and share happy things.
⁷ Think of a person you can always rely on, and do something nice for them.	⁸ Leave a note for someone reminding them you're grateful for them.	⁹ Give away an item you love, but no longer use.	¹⁰ Do a 10-minute meditation, focusing on something that brings you joy.	¹¹ Children's Mental Health Awareness Day Thanks for all YOU do to support a young person in your life.	¹² "'Thank You' is the best prayer that anyone could say..." <i>- Alice Walker</i>	¹³ Call someone you've been thinking about to see how they are doing.
¹⁴ Babysit for someone who could use a break.	¹⁵ Don't complain for 24 hours.	¹⁶ Give some of your dedicated time to a cause you care about.	¹⁷ Take a gratitude break.	¹⁸ Thank someone who has helped along your mental health journey.	¹⁹ "I awoke this morning with devout thanksgiving for my friends..." <i>- Ralph Waldo Emerson</i>	²⁰ Share a song that makes you happy with someone else.
²¹ Bring flowers to someone to add cheer to their day.	²² Offer to buy someone a coffee or tea when picking up yours.	²³ Give a positive review to a local business you've benefited from.	²⁴ Meditate on a goal you want to see come to fruition.	²⁵ Send a Thank You Note to a person who's done something for you. Just because!	²⁶ "...sometimes not getting what you want is a wonderful stroke of luck." <i>- Dalai Lama</i>	²⁷ Spend time with a friend you haven't seen in a while.
²⁸ Offer to run an errand for a neighbor who might need some help.	²⁹ Avoid saying negative things about others.	³⁰ Give yourself a compliment.	³¹ Think about a place you have been and how it's impacted your life.			Visit us online:  mghclaycenter.org

