

# May

# Mental Health Month!



# Week 1



Child Mental Health Week ft.  
Cheslea High School Students!

Sunday - 1

**Why is May  
Mental Health  
Month  
Important?**  
ft. Dr. Gene  
Beresin

Monday - 2

**The Docs Talk  
to Teens!**  
How to Handle  
Conflict with  
Teachers

Tuesday - 3

**The Docs Talk  
to Teens!**  
How to Set Boundaries  
with Dating Partners  
**Mini Podcast**  
You ask, we answer!  
**Falling Asleep When  
Anxious**

Wednesday - 4

**Wear Green  
Wednesday!**



Thursday - 5

**The Docs Talk  
to Teens!**  
How to Handle  
Conflict with  
Friends

Friday - 6

**The Docs Talk  
to Teens!**  
How to Set  
Boundaries with  
Parents

Saturday - 7

**Social Saturday!**  
Check in with a  
friend and ask  
them, "Are you  
okay?"



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@cheslea.wellness

#WeCanManageThis



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## Week 2



Sunday - 8

**Mental Health Tip**

ft. Dr. Gene Beresin!

Monday - 9

**Meditation Monday**

Focus on a scene from nature.

Tuesday - 10

**Mini Podcast**

You ask, we answer!  
**Finding a Therapist**

Wednesday - 11

**Wear Green Wednesday!**



Thursday - 12

**Mental Health Tip**

ft. Dr. Khadijah Booth Watkins!  
**Full Podcast**  
The Power of Peer Support

Friday - 13

**Journaling**

What made you feel good this week?

Saturday - 14

**Social Saturday!**

Catch up with someone you care about



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The Clay Center for  
Young Healthy Minds  
*Shining light on mental health through education.*

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## Week 3



Sunday - 15

**Mental Health Tip**

ft. Dr. Gene Beresin!

Monday - 16

**Meditation Monday**

Focus on simply being.

Tuesday - 17

**Mini Podcast**

You ask, we answer!

**ASD Diagnosis in Teens**

Wednesday - 18

**Wear Green Wednesday!**



Thursday - 19

**Mental Health Tip**

ft. Dr. Khadijah Booth Watkins!

Friday - 20

**Journaling**

Write a message for yourself on a bad day.

Saturday - 21

**Social Saturday!**

Adults: Go for a walk with a young person.



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## Week 4

Sunday - 22

**Mental Health Tip**

ft. Dr. Gene Beresin!

Monday - 23

**Meditation Monday**

Focus on calming sounds.

Tuesday - 24

**Mini Podcast**

You ask, we answer!

**Impact of Schizophrenia**

Wednesday - 25

**Wear Green Wednesday!**



Thursday - 26

**Mental Health Tip**

ft. Dr. Khadijah Booth Watkins!

Friday - 27

**Journaling**

3 positive things about yourself.

Saturday - 28

**Social Saturday!**

Pick your favorite recipe and cook as a family.



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