

MAY 2025

Mental Health Awareness



RANDOM ACTS OF KINDNESS
FOUNDATION®

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Chalk the Walk using our RAKtivist toolkit.														<p>Teacher Appreciation Week (May 5-9)</p> <p>Check out our list of kindness ideas to celebrate and appreciate teacher on our kindness blog.</p>														<p>Nurse Appreciation Week (May 6-12)</p> <p>Check out our list of kindness ideas to celebrate nurses on our blog</p>																																																																					
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																												<p>Start a gratitude journal and write down three things you're thankful for each day.</p>														<p>Set up a "calm corner" in your space where you can go relax and de-stress.</p>														<p>Ask a friend how they're really doing and listen without judgment.</p>														<p>Make and exchange cards with encouraging messages to uplift one another.</p>														<p>Write a note of encouragement to someone who might be having a tough time.</p>													
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<p>Take a break during the day to do some stretching or a quick exercise routine.</p>														<p>Encourage everyone to wear green (the color of mental health awareness) to show support.</p>														<p>Encourage regular mental health check-ins with friends, family, or colleagues. A simple "How are you, really?" can open the door to meaningful conversations and provide much-needed support.</p>														<p>Advocate for a "Mental Health Day" where people are encouraged to take a day off to focus on their mental well-being.</p>														<p>Share guided meditation resources or apps with your community.</p>														<p>Check out a new book about mental health, self-care, and/or well-being.</p>														<p>Organize or promote peer support groups where people can share their experiences, challenges, and coping strategies in a safe and confidential environment.</p>													
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<p>Take breaks and practice self-care.</p>														<p>Challenge yourself to take a break from screens for a day and engage in face-to-face activities instead.</p>														<p>Practice good sleep habits.</p>														<p>Drink enough water throughout the day.</p>														<p>Host or promote nature walks or outdoor activities that allow people to disconnect from daily stressors and reconnect with nature.</p>														<p>Create and distribute small stress relief kits containing items like stress balls, herbal teas, calming essential oils, and informational pamphlets on stress management techniques.</p>														<p>Take a moment to write down three things you like about yourself.</p>													