MAY IS MENTAL HEALTH MATTERS MONTH

#EachMindMatters

Mental Health Matters Month Online Activity Guide

This year's Mental Health Matters Month theme, "Express Yourself," is all about how expressing yourself in creative ways can help with self-care and supporting your mental wellness. While we may not be able to celebrate together in person this year, we can still take part in virtual activities.

There are many options for promoting Mental Health Matters Month, all of which can be done from home or online while practicing physical distancing. We have provided suggestions for how to plan your May activities week-by-week, or you can choose your favorites.

Week One (May 1-9) -- 'Express Your Support'

Let's paint the town green!
Using lime green chalk, create art on the driveway or sidewalk in front of your home to show your support for mental health awareness. Write uplifting messages for your neighbors walking by.

#ManySidesToMyStory Challenge

Join the #ManySidesToMyStory Social Media challenge! Starting on April 20 and continuing throughout May, Each Mind Matters is teaming up with Disney star and mental health advocate, Sofia Wylie, to encourage others to express the many sides of their story to raise awareness about mental health and support those who may be experiencing mental health challenges. Visit ManySidesToMyStory.com to learn more and join the movement, then visit TikTok to add your own story.

Week Two (May 10-16) -- 'Express Your Well-being'

Plant care is self-care
This May we invite you to spend some time gardening as a self-care activity, whether it is planting new seeds or caring for the plants in our home. Planting seeds and caring for them as they grow can support our mental well-being by encouraging us to practice acceptance and be

present, and it can be a productive coping mechanism for dealing with stress, anxiety and depression. Learn more at EachMindMatters.org/seeds.

Color for calmness
Use art as a form of therapy by taking the time to color these pages with positive messages. Download and print the coloring page files here. Use any available art supplies (crayons, coloring pencils, markers, etc.) and invite both kids and adults to participate.

Take a deep breath
We believe Each Mind Matters, especially yours! Take some time this week to try new meditation exercises and find a routine that works for you. A couple of no-cost options are the apps Insight Timer and Sanvello (free for students).

Week Three (May 17-23) --'Express Encouragement'

Take One
We all need some extra encouragement from time to time. Print and hang this poster to brighten someone's day.

Directing Change
This week Each Mind Matters will announce the statewide winners of the 2020 Directing Change Film Contest. "Like" Directing Change on Facebook to join us in celebrating these talented young people.

Week Four (May 24-31) --'Express Unity'

Extend a message of unity through sticky notes!
The sticky note wall activity is a visually impactful way to show your support. And it can be done in your own home! All you need are some lime green sticky notes and some wall space. Leave positive messages and doodles for your family members, your roommates or yourself! Click here to get started. Then join us in expressing unity behind mental health awareness by sharing your sticky note art on social media with #EachMindMatters.
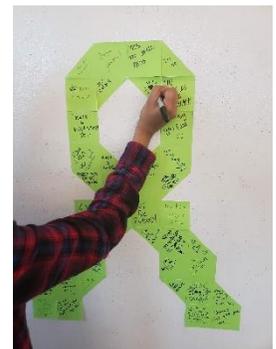
More ways to show your support on social media

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All month long you can post your activities to social media using #EachMindMatters and #SanaMente. Tag @EachMindMatters so we can follow along! You also can follow us on Facebook, Twitter and Instagram to see how others have been participating.

Social Media Images and Videos

Each Mind Matters has many social media images and videos ready for you to download and share.

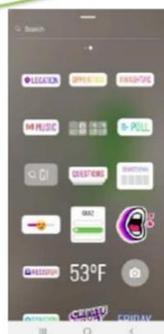- Mental Health Matters Month social media images

- Animated Message Cards

- Animated "Get Well" video series
- New Instagram story stickers! Here's how to find them:

Instagram Story Templates Coming Soon!

In May we will release a series of Instagram story templates for followers to respond to, including Self-Care Bingo and other fun prompts. Follow @EachMindMatters on Instagram to join in.

Twitter Chat Coming in May – Stay Tuned for the Date

And stay tuned for details on a Twitter chat with Each Mind Matters in May (date TBD), where we can all come together to share how we are expressing ourselves in support of mental health awareness. Be sure to follow @EachMindMatters on Twitter so you don't miss out!