

More individuals are talking openly and honestly about mental health and are advocating for improving our nation's mental health care system. Join Uprise Health as we celebrate Mental Health Awareness Month! Use this calendar every day to reflect on your own mental health journey, and help spread the word through awareness, support, and advocacy.

## Mental Health Awareness Month:

Daily Actions in May

1
 Join us for a webinar on [Mindful Stress Management](#) (10am PST)

2
 Share your personal story of overcoming mental health challenges.

3
 Start a gratitude journal.

4
 Share a stress reduction tip with coworkers.

5
 Take a self-guided mental health course.

6
 Do something that sparks your creativity.

7
 Watch our skill-building webinar: [Taking Care of Your Mental Health Day-to-Day](#)

8
 Host a watch party with a mental health-focused movie.

9
 Join us for a [Mindfulness Meditation](#) (12pm PST)

10
 Declutter your space.

11
 Volunteer your time.

12
 Explore your EAP benefit offerings.

13
 Listen to upbeat music.

14
 Watch our skill-building webinar: [New Year, Healthier You](#)

15
 Join us for our live, skill-building webinar: [Journey toward Happiness](#) (12pm PST)

16
 Join us for a [Mindfulness Meditation](#) (12pm PST)

17
 Make a list of self-care practices for challenging days.

18
 Read a book or memoir about mental health.

19
 Working remotely? Schedule a call with a coworker.

20
 Enjoy a nature hike.

21
 Join us for a webinar on [Self-Care for Caregivers](#) (1pm PST)

22
 Check in with a friend.

23
 Join us for a [Mindfulness Meditation](#) (12pm PST)

24
 Ditch the devices & have a phone-free day.

25
 Learn the signs & symptoms of anxiety.

26
 Take a walk with friends to improve your mood.

27
 Commit to 30 minutes of exercise each day to support your mental health.

28
 Watch our skill-building webinar: [Prioritizing You](#)

29
 Watch our skill-building webinar: [Empowering Your Financial Wellness](#)

30
 Join us for a [Mindfulness Meditation](#) (12pm PST)

31
 Reflect on your progress & growth.

All live webinars & Mindfulness Meditations will be recorded. Those who register will receive a copy of the recorded session after the event concludes - even if you aren't able to attend live!

If you need mental health support, be sure to call the EAP today!  
Call: 1-800-834-3773