

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 Start a Gratitude Journal	2 Practice Deep Breathing	3 Take a Nature Walk	4 Try a New Recipe			
5 Practice Mindfulness Meditation	6 Engage in Creative Expression	7 Digital Detox	8 Reach Out to a Friend	9 Practice Positive Affirmations	10 Declutter Your Space	11 Volunteer Your Time
12 Practice Progressive Muscle Relaxation	13 Listen to Upeat Music	14 Set Boundaries	15 Treat Yourself to Something Special	16 Write a Letter of Encouragement	17 Practice Visualization	18 Try a New Physical Activity
19 Practice Self-Compassion	20 Cultivate Gratitude for Your Body	21 Practice Random Acts of Kindness	22 Practice Active Listening	23 Create a Relaxation Corner	24 Reflect on Your Achievements	25 Learn Something New
26 Practice Acceptance	27 Practice Deep Listening	28 Cultivate Mindfulness in Everyday Activities	29 Practice Gratitude Meditation	30 Connect with Loved Ones	31 Reflect on Your Growth	

**1 in 20** U.S. adults experience a series mental illness each year, but **less than 2/3** receive treatment. The average delay between onset of mental illness symptoms and treatment is **11 years**. **55%** of U.S. counties do not have a single practicing psychiatrist **60%** of Americans are concerned about the stigma around mental illness. For additional information, visit [nami.org](https://www.nami.org).