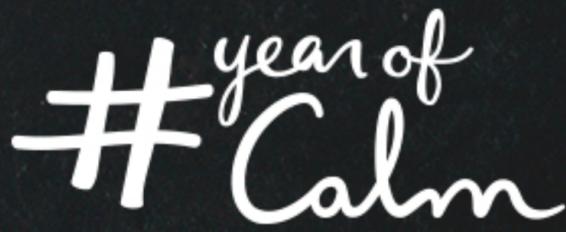


# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Write down all of your <i>shoulds</i> on a piece of paper. Practice letting go of one or two and explore softening your expectations. #DailyCalm	2 Write a short thank you letter to a teacher that impacted your life. If possible, send it to them. #DailyCalm	3 Use the breath as a tool to create space in your mind and body, especially when you find yourself in a stressful situation or a crowded place. #DailyCalm	4 Each time you notice that you are distracted, name the distraction and return to the breath. Listen to today's #DailyCalm to learn more about this practice.	5 Today cultivate self-compassion by letting go of perfectionism. Use the affirmation: I am enough. #DailyCalm
6 Practice labeling your experience. ex. If you notice a sound, silently say to yourself 'hearing' without thinking further about the sound. #DailyCalm	7 Everything changes. This is both beautiful and tragic. Set aside some time to celebrate the gifts in your life and grieve the losses you've experienced. #DailyCalm	8 Step back and observe your thoughts as a witness. Recognize patterns and challenge your thoughts by asking, is this true? #DailyCalm	9 <b>When a difficult emotion arises, take a moment to talk to it as if it were a good friend. #DailyCalm</b>	10 Step a tiny bit out of your comfort zone today. Let us know what you get up to with the hashtag #DailyCalm	11 <b>Make space in your day for some you time.</b>	12 Ask yourself, "What can I do less of today?" #DailyCalm
13 Rewrite a story that you've been telling about yourself that isn't serving you. #DailyCalm	14 <b>Be kind to someone that you find challenging in your life.</b>	15 Name three things that you have gained from growing older. Take time to celebrate. #DailyCalm	16 Take at least a one-minute break each hour to explore movement in your body. Stretch and work with your breath to release tension.	17 Try going with the flow today. #DailyCalm	18 In honor of World Meditation Day, meditate twice today.	19 Do a chore you normally dislike doing with extra love and attention.
20 Be mindful of the words that you may use that stigmatize mental health challenges. For example, try not using the word crazy as an adjective today.	21 Reach out to someone in your life that you are grateful for and tell them why.	22 Try a new recipe tonight. Cook mindfully. Snap a pic and let us know what you came up with with the hashtag #YearOfCalm	23 Mindfully organize a cupboard or a drawer.	24 <b>Try a Sleep Story that you haven't tried yet.</b>	25 Say NO to something today. Do it as a way of honoring your needs and creating healthy boundaries. Resist the need to justify, explain or defend.	26 <b>What do you want to say yes to today?</b>
27 Create a positive affirmation for yourself. What do you need to hear today? Repeat it to yourself and write it down in a place that you'll see it often.	28 Perform a simple act of dignity – acknowledge someone else's suffering with compassion and presence. Connect with their humanity.	29 <b>Do something different today.</b>	30 Just for today, don't do that thing that you've been meaning not to do. Notice what comes up for you.	31 Reflect on the past month and repeat an activity that made you feel good.		

Share your progress with our global community using the hashtags #YearOfCalm and #CalmCommunity!

