



# MAY 2019

## Mental Health Awareness Month

31-Days of Putting Your Mental Health First

[bartonhealth.org/mentalhealthmonth](http://bartonhealth.org/mentalhealthmonth)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Research shows that **helping others** can be beneficial to our own mental health. It can reduce stress, improve our emotional well-being and even benefit our physical health.

(Source: [MentalHealth.org](http://MentalHealth.org))

**Get outside & exercise:** It's important to incorporate daily exercise to ensure your body & mind are healthy.



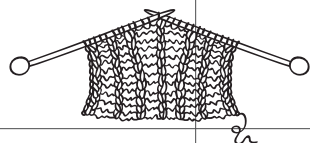
**Behavioral Health Network of South Lake Tahoe**  
8:30am @ LTCC Aspen Room.  
Open to Public

**Tip for good sleep:** Go to bed & wake up at the same time every day-including weekends. This helps to keep your body's natural rhythms running on schedule.

Call a family member just to say "hi".



**Start learning a new skill-** something you've always wanted to try but haven't.

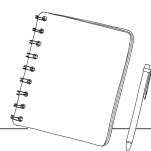


**Take time to laugh:** laughter reduces anxiety.

**Survivors of Suicide Support Group:**  
3:30-5pm at SLT Library

**Raising Resilient Kids**  
Presentation with Dr. Sonia Rupp, 5:30-8:30pm @ LTCC. Free & Open to Community. [ltcc.edu/FKCE](http://ltcc.edu/FKCE)

**Write for fun:** whether it's a story, poem or your journal- put your pen to paper.



**Free Wellness Lecture:** Your Brain and Stress: Practical Tools for Coping with Betsy Glass, LCSW: 6pm @ Center for Orthopedics & Wellness

**Parent Leadership Workshop:**  
9am-1pm on May 10, 17, 24, 31 @ A Balanced Life. Free program sponsored by CAPC. 530-544-1748 for more info.

Leave a positive comment on a social media post today.



**Treat your mom** (or a mom you know) to lunch! (Happy Mother's Day!)

**Exercise early** before you start your day.



**NAMI Family Support Group:**  
6-7:30pm @SLT Library

**Do a favor** without asking for anything in return.

**Deliver flowers** or a homemade treat to one of your neighbors.



**Sometimes What Hurts the Most Can't be Seen, But Sometimes What Helps the Most is Easy to Do**  
Presentation by David Woods Bartley. 10am-4pm @ LTCC Main A-211. Lunch & Childcare Provided. Must RSVP to: [kehuxtable@ltcc.edu](mailto:kehuxtable@ltcc.edu)

Volunteer at a local organization.

**Make an herb garden** out of a mason jar to grow in your kitchen.



**Smile** and say hello at a stranger today.

**Call a friend and check in.** Sometimes we need an outside force to give ourselves the reminder of how important self-care really is.

**Send someone** you care about a nice text right before you go to bed.



**Keep it cool** for a good night's sleep...between 60-67 F.

**Try a new recipe,** write a poem or tackle a Pinterest project to boost creativity.

Sign up to run/walk a 5K for a cause.



**Get outside!** Vitamin D helps improve your mood, boost your overall brain function, and generally improve your well-being.

**Feeling anxious?** Color for 20 minutes to help clear your mind.



**Grief & Loss: The Impact of All Family Members Recognizing Mental Health Concerns & Navigating Care with Mariana Randolph,** LCSW, 5:30-8:30pm @ LTCC. Free & Open to Community [ltcc.edu/FKCE](http://ltcc.edu/FKCE)

**Go on a 30-minute walk** and pick up every piece of trash you see.

**ASSIST Training 2-Day Workshop:** Hotel Azure @ 8am-5pm \$45 registration, CE credit available. [spnawareness.org](http://spnawareness.org)

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