10 WAYS TO CELEBRATE MENTAL HEALTH AWARENESS MONTH

By The Jed Foundation (JED)

- Check in with your own mental health. Ask yourself: How am I feeling today? (emotionally and physically)
- Recognize how far you’ve come. Jot down what you’re most proud of, or what has gone well for you the last few weeks. What would you like to continue working on?
- Move your body, get fresh air, and dance it out! Check out JED’s playlist here!
- Self-care is different for everyone. What kind of care does your body and mind need? Do what works for you this month! Think about 1 way you can honor your self-care for the month of May. Check out this quick breathing exercise to get you started.
- Take time off. Take a vacation even if it means stepping away from a zoom screen for a few hours.
- Express gratitude. Volunteer and do things outside of yourself. Look for ways you can be a part of things bigger than you. Taking care of your community is collective care.
- We’re still in a pandemic. Be kind to yourself ALWAYS.
- Check in on your friends, family, coworkers, loved ones. Let someone know you care about how they’re doing! Not sure how? Check out Seize The Awkward.
- Notice when you’re scrolling too much on social media. Take a social media break when you can, even if it’s for 5 minutes.
- Follow The Jed Foundation on social media @jedfoundation and join us on 5/20 for Mental Health Action Day! Learn more here.

MORE RESOURCES:

Press Pause
Each and Every Day Film Screening
JED’s Student Engagement Toolkit
Take a free Mental Health Screener
College Student Mental Health Data