


# 31 Days of Kindness

## Adult Daily Mindfulness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>May Is Mental Health Awareness Month</b></p> <p>For information on these topics and more, visit <a href="http://atlanticealth.org/grow">atlanticealth.org/grow</a></p> <p> <a href="http://atlanticealth.org/grow">Atlantic Health System</a></p>			<p><b>1 Loving Kindness</b></p> <p>Practice loving kindness every day for your well-being.</p>	<p><b>2 Increase Your Kindness Quota</b></p> <p>Take small steps to increase your kindness and see how it makes you feel.</p>	<p><b>3 Kindness Everywhere</b></p> <p>Send loving kindness messages to people you love.</p>	<p><b>4 Kindness in Hard Places</b></p> <p>Send loving kindness messages to people who are difficult to love.</p>
<p><b>5 Kindness for Everyone</b></p> <p>We can offer kindness even to strangers we don't know.</p>	<p><b>6 May I Be Safe</b></p> <p>Start this week with a message of safety. Quietly offer this message to yourself at the start of your day.</p>	<p><b>7 May I Be Safe</b></p> <p>In order to feel well, we must feel safe. Look around your space and see if there are areas that could be made safer. Decluttering can increase safety in your space.</p>	<p><b>8 May I Be Safe</b></p> <p>Notice if you are watching too much TV or scrolling too much social media. This can increase fears and feelings of not being safe. It's ok to take a break.</p>	<p><b>9 May I Be Safe</b></p> <p>Notice your thoughts today. If they are too negative, this can increase false feelings of not being safe. Learn about changing distorted thoughts to more realistic thoughts.</p>	<p><b>10 May I Be Safe</b></p> <p>Take action. When worry and fear take over, action can help. Get up and move, join a group, seek out others to make small changes.</p>	<p><b>11 Be in Nature</b></p> <p>Take a walk today and notice the ground is there to meet you, the air is free to breath, the birds are singing.</p>
<p><b>12 Kindness for Someone You Love</b></p> <p>Send kindness to someone who took care of you in your life.</p>	<p><b>13 May I Be Healthy</b></p> <p>Physical and mental health go together. Take time to care for both this week.</p>	<p><b>14 May I Be Healthy</b></p> <p>Check to see if you are up to date on your medical appointments. This will help you take care of your health.</p>	<p><b>15 May I Be Healthy</b></p> <p>Take care of your mental health. Notice if you have been feeling down or anxious. You can talk to your medical provider about these things.</p>	<p><b>16 May I Be Healthy</b></p> <p>Get moving. Choose something you find fun and do it. Walk, swim, stretch or dance.</p>	<p><b>17 May I Be Healthy</b></p> <p>Make a healthy shopping list and try cooking something full of healthy foods.</p>	<p><b>18 Restore</b></p> <p>Take some time to sit quietly today. Close your eyes and take a few deep breaths before jumping into your day.</p>
<p><b>19 Nature</b></p> <p>Look up to the sky and notice the colors all around you. Nature helps us feel connected to the natural rhythm of life.</p>	<p><b>20 May I Be Happy</b></p> <p>Happiness can come in small quiet ways. You have the right to be happy.</p>	<p><b>21 May I Be Happy</b></p> <p>"Happiness is not in another place but this place" Walt Whitman.</p>	<p><b>22 May I Be Happy</b></p> <p>Gratitude helps increase happiness. Try writing down a few things for which you are grateful and see if your happiness increases.</p>	<p><b>23 May I Be Happy</b></p> <p>Did you know that healthy boundaries helps increase happiness? Try setting some healthy boundaries on your space, time and resources and see if your happiness increases.</p>	<p><b>24 May I Be Happy</b></p> <p>Bring nature inside. Buy yourself some flowers today!</p>	<p><b>25 Planting Seeds</b></p> <p>Planting a garden or putting flowers in pots brings joy and happiness. Planting mental seeds of happiness is good for your well-being.</p>
<p><b>26 Gatherings</b></p> <p>Social connections are good for our mental health. Look for ways to connect with friends and loved ones.</p>	<p><b>27 May I Be at Peace</b></p> <p>Sit quietly today. Let your breath slow down. Repeat the phrases: May I be at peace.</p>	<p><b>28 May I Be at Peace</b></p> <p>Notice the places inside that are in conflict. Sometimes we have an argument going on inside our minds. Try writing down both sides and see if a peaceful solution arises.</p>	<p><b>29 May I Be at Peace</b></p> <p>When we are struggling with strong emotions, peace can seem far off. This can be a good time to reach out to a counselor to help sort things out.</p>	<p><b>30 May I Be at Peace</b></p> <p>Bring to mind a place you felt most at peace; a beach, the mountains, or your cozy house. Just imaging a peaceful place can help increase feelings of peace.</p>	<p><b>31 Loving Kindness for All</b></p> <p>Practice loving kindness for yourself and for all beings everywhere.</p>	