

# Join Erika's Lighthouse this **May for Mental Health Awareness**Month as we work to put some good in the world







The Positivity Pledge is your opportunity to commit to 31 days focused on positive actions, helping others, selfcare, and establishing good habits for positive mental health.

# May is mental health awareness month



	#Share Sunday	#MentalHealth Monday	#SelfCare Tuesday	#Winning Wednesday	#SelfCare Thursday	#FamilyFriends Friday	#SelfCare Saturday
Nutrition & Well- Being	Frika's Lighthou				Learn about the connection between nutrition and mental health. Share it.	Prepare a healthy meal for your family/friends.	Find a healthy stress reliever.
Gratitude	Share your progress!	Identify your trusted friends, family, adults.	Make a list of who/what you are grateful for.	7 Show your gratitude.	Make a list of traits you love about yourself.	Make a connection.	Make a list of the traits you love about someone else.
Exercise	<b>11</b> Remind folks about your pledge!	Learn about the connection between exercise and mental health. Share it.	13 Exercise!	14. Move and do good.	15 Exercise!	16 Play a game.	17 Exercise!
Mindfulness	18 Send out positive messages.	19 Learn about other's mental health.	20 Find a relaxing activity.	<b>21</b> Perform kindness.	<b>22</b> Self-Reflect.	Reach out to someone in need.	<b>24</b> Meditate and chill.
Reflection	25 Share a recap of the pledge.	Take time to reflect on your journey and how you can make changes in the future.	You did a great job. Relax a take some time for yourself.	Write down 3 things you found helpful from this pledge.	29 Make a list of the activities that you enjoy doing.	Post and share with family and friends about you taking the Pledge on social media.	Find a 31 relaxing activity and focus on metime.







# **Nutrition & Well-Being**



# April 30 - Post Something on Social Media

• Share that you've taken the Positivity Pledge with friends & family and encourage them to join you!

### May 1 - Learn about the connection between Mental Health & Nutrition

- Read these articles and share what you learned with friends:
  - Nutritional Psychiatry: Your Brain on Food
  - The Link Between Food and Mental Health
  - Food and Mood: How Do Diet and Nutrition Affect Mental Wellbeing?

## May 2 - Prepare a healthy meal for your family/friends

- Check out these recipes.
- Plan a healthy meal for your family and if possible, prepare and cook.
- Share recipes with your family and friends around the world you can all enjoy together.
- Find a local, healthy restaurant you can support for dinner.
- Order dinner from a local, healthy restaurant and have it delivered to friends or family.

# May 3 -Find a healthy stress reliever

- Make a Stress Ball to maintain your stress level and stay balanced. **Instructions here**.
- Consider meditation, breathing exercises or other activities that may help.
- Take a walk, sit outside.



# Gratitude



# May 4 - Share your progress!

- Post a social media update for your friends and family on your progress with the Positivity Pledge!
- Share with your family and friends what you are grateful for to kick off gratitude week.
- Make sure to tag Erika's Lighthouse!

# May 5 - Identify your trusted friends, family, adults

- Write down 3 trusted family members, friends or adults you could go to if you were feeling down and needed help. Thank them!
- Tag them on social media to boost their spirits and know you care.

# May 6 - Make a list of who/what you are grateful for

- Create a vision board of all the things you are looking forward to in the coming months. **Get started here**.
- Start a Gratitude Jar or Gratitude Journal and see if you can do it for the entire month! **Read more here**.

# May 7 - Show your gratitude

- Offer to help a friend, family member, or an elderly neighbor.
- Complete a Positivity BINGO this month! (find it below)

# May 8 - Make a list of traits you love about yourself

 Think about what you love about yourself and write them down. They can be about your personality, appearance, morals and ethics, beliefs or anything! Nothing is too small to appreciate.

# May 9 - Make a connection

- Set up a video chat with family or friends while eating, playing a game, or watching a show and feel like you are together.
- Reach out to an extrovert that may be struggling right now.

# May 10 -Make a list of the traits you love about someone else

• Think about what you love about someone else and write it down! It can be about their personality, appearance, morals and ethics, beliefs or anything! Nothing is too small to appreciate. Consider sharing it with them.



# **Exercise**



# May 11 -Remind folks about your pledge!

- Post a social media update for your friends and family on your progress with the Positivity Pledge!
- Post on social media about your pledge.
- Make sure to tag Erika's Lighthouse!

# May 12 - Learn about the connection between exercise & mental health

- Share on social media 2-3 ways to improve your mental health.
- Ask your friends how they do it!

## May 13 - Exercise

- Do some yoga! Check out Yoga with Adriene.
- Share your favorite yoga pose and tag us.
- Take a mindfulness walk.

### May 14 - Move and do some good

- If the weather is cooperating, take a walk while picking up trash. Make sure to wear gloves and bring a bag to collect the trash.
- Take a mindfulness walk.

# May 15 - Exercise

- Create a playlist of 10 songs or more that get you motivated to be active and ask your friends and family to add to it!
- Take a mindfulness walk.

# May 16 - Play a Game

- Play a game that doesn't include technology: puzzles, card games, board games.
- Play a round or more of Charades with your family or friends.

# May 17 - Exercise

- Start a new healthy habit for the future.
- Take a mindfulness walk.



# **Mindfulness**



### May 18 - Send out positive messages

- Share a positive message with 5 different friends via phone, text, email, or social media.
- Complete a Positivity BINGO this week!
- Collect your favorite memes from online and send them out by tagging friends.

# May 19 - Learn about other's mental health

- Share on social media 2-3 ways to improve your mental health.
- Ask your friends how they do it!

## May 20 - Find a relaxing activity

- Go on a virtual tour of a museum or national park.
- Grab some colored pencils and choose a teenage coloring page! Check them out here.
- Listen to relaxing music.

# May 21- Perform kindness

- Spread goodness through five random acts of kindness online, at school or with neighbors.
- Send random gift cards, flowers or other special treats to people you love.

# May 22 - Self-Reflect

- Stress is normal, but too much stress increases the risk for health problems like depression. Name 4 things that can cause stress and how you can avoid them!
  - Explain how you know you are stressed. How do you experience it in your body? Why is it important to be aware of your own personal stress indicators?
  - After naming 4 things that caused stress, list 4 ways to avoid or reduce stress in your life.

# May 23 - Reach out to someone in need

- Go to <u>The Teen Toolbox on ErikasLighthouse.org</u> to learn about depression, what it looks like and how to help yourself or a friend in need.
- Do you have a friend you are worried about? Read more about how to help a friend in need, then reach out to them!

# May 24 - Meditate and chill

 Download a relaxation or meditation app such as Headspace, Calm, Colorfy or Stop, Breathe & Think, and try it out as a healthy coping strategy. Read about it here.





# Reflections



### May 25 - Share a recap

- Send a recap to your family and friends about how the Positivity Pledge changed your outlook!
- Identify three activities you are going to try to make part of your routine.

# May 26 - Reflect & Change

- Consider your experience with the Positivity Pledge.
- Are there any things you learned or did in the Pledge that you want to incorporate year round to always take care of your mental health?

# May 27 - You did a great job! Relax and take some time to yourself!

• Choose something relaxing today and enjoy some time for yourself.

### May 28 - Write it down

- Write down 3 things you found helpful from this pledge.
- What is something you can do more often that brought you joy?

# May 29 - Make a list

- Reflect on the activities that make you feel happy.
- Make a list of the activities that you enjoy doing.
- Think of prioritizing these in your schedule as often as you can.

# May 30 – Post about your experience taking the pledge on Social Media

- Share the best parts of the Positivity Pledge.
- Encourage your friends to take care of their mental health everydya.

# May 31- Find a relaxing activity and focus on me-time

- Work on creating a photo book it could be related to a time period, age, or theme.
- Have fun making play dough. You can even add essential oils to make aromatherapy dough! **Check out recipes here**.
- Pop some popcorn and watch your favorite movie.
- Write a journal entry.



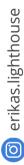


# May is mental health



ghthouse (in Erika's Lighthouse trusted friends, adults.  Identify your trusted friends, adults.  Learn about the connection between exercise and mental health. Share it.  Itive Learn about the cother's mental health.  Learn about the Exercise!  Sood.  Find a relaxing time to reflect only out did a great things your found a great health.  Soon did a great thing to make a take howyour gourned and a great things you found a great health.  Soon did a great thing four third only thing you found a great how you can make a take howyou can make a take a take howyou can make a take a tak		#Share	된	#SelfCare	#Winning	#SelfCare	#FamilyFriends	#Selfcare
bouse (in Erika's Lighthouse)  Substitute of who, what trusted friends, family, adults.  Learn about the connection between exercise and mental health. Share it.  Learn about  Learn about  Learn about  Learn about  A powe and do good.  Exercise!  A powe and do good.  B perform kindness.  A power are activity.  A power are activity.  A power and do good.  A power and do go			Monday	Tuesday	Wednesday	Thursday	Fríday	Saturday
Identify your trusted friends, friends, adults.  Tarn about health. Share it.  Learn about other's mental health.  Learn about other's mental health.  Take time to reflect on you are grateful for.  Take time to reflect on you are grateful for.  Take time to reflect on you did a great on your good.  You did a great on you can make on make on make on make on you can make on you you can make on you			<b>5 (5</b>	hthouse		Learn about the connection between nutrition and mental health. Share it.	Prepare a healthy meal for your family/friends.	Find a healthy stress reliever.
Learn about the connection between exercise and mental health. Share it.  19		Share your progress!	Identify your trusted friends, family, adults.		Show your gratitude.	Make a list of traits you love about yourself.	Make a connection.	Make a list of the traits you love about someone else.
Learn about other's mental health.  Learn about activity.  Learn about activity.  Perform kindness.  Perform kindness.  Perform kindness.		Remind folks about your pledge!	Learn about the connection between exercise and mental health. Share it.	<b>13</b> Exercise!	14 Move and do good.	<b>15</b> Exercise!	16 Play a game.	Exercise!
Take time to reflect on you did a great things you found how you can make come time for helpful from this	O I	18 end out positive messages.	19 Learn about other's mental health.	20 Find a relaxing activity.	21 Perform kindness.	22 Self-Reflect.	23 Reach out to someone in need.	24 Meditate and chill.
chânges in the source time for replant forms of future.		25 Share a recap of the pledge.	Take time to reflect on your journey and how you can make changes in the future.	You did a great job. Relax a take some time for yourself.	Write down 3 things you found helpful from this pledge.	Make a list of the activities that you enjoy doing.	Post and share with family and friends about you taking the Pledge on social media.	Find a relaxing activity and focus on metime.





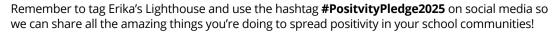




# BINGO

Give a friend a compliment	Do something nice for someone	High five your neighbor	Take five deep breaths	Tell a family member you love them
Appreciate something beautiful	Go for a walk with a friend or pet	Meditate for one minute	Check in with a friend	Help someone in need
Think of something you're proud of	Do 15 minutes of stretching	FREE SPACE	Write down three things you are grateful for	Do 10 jumping jacks
Donate to a charity or foodbank	Declutter your space	Ask someone about their day	Do a chore for someone in your family	Start a new book
Support a small business	Volunteer for a few hours	Try a new hobby	Help a friend or sibling with their homework	Treat yourself for spreading positivity











# Thank you for taking the Positivity Pledge with Erika's Lighthouse

If you took part in this year's Positivity Pledge, we would love to know. Erika's Lighthouse programs and resources are all completely free to the schools that use us. Tracking our impact is very important, so please report your impact by clicking this link or scanning the QR Code below. You can find the Positivity Pledge under schoolwide Campaigns in the General Initiatives section of the form.