

SUN

MON

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SAT

30

Read a [self-compassion poem](#)

31

Talk to yourself like you would talk to a friend

2

Wake up and first thing say: "today I will do my best"

3

Express gratitude to a stranger

4

Develop your personal [manifesto list](#) to feel empowered

5

[Explore the power of vulnerability](#)

6

Send a gratitude text, note, or email to a someone you know

7

Make a donation to a cause you care about, or plan to volunteer this month

1

Make a "yay list" for one thing that made you go "yay!" today

8

Practice good sleep [hygiene](#)

9

Make an effort to laugh today ([need inspiration?](#))

10

Get physical activity or movement in the way that makes you feel good

11

Share your goals with a trusted person, or write down your goals for the future

12

Spend time outdoors to connect with nature

13

Before saying "yes," honor if that decision will best serve you

14

[Read about self-compassion](#)

15

Eat a nourishing meal that gives you energy

16

Do something small that brings you joy

17

Tell someone why you think they are special

18

Read MUIH's Gratitude Tuesday email and try the Action Step

19

Try a walking [meditation](#)

20

Reach out to someone who may be alone or isolated

21

When you want to complain, appreciate something about the situation instead

22

Be mindful of human suffering and try not to resist your pain

23

Pick up a piece of litter

24

[Take active steps to help the planet](#)

25

Consider ways you can uncover your implicit biases

26

Celebrate YOU, just as you are

27

Eat a nourishing meal that gives you energy

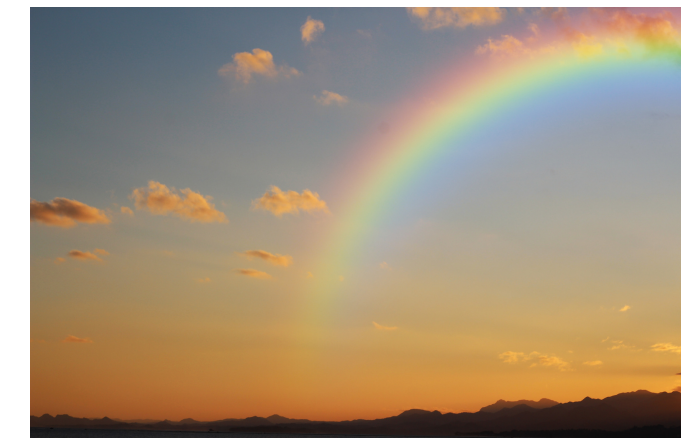
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Explore the [American Institute of Stress Contentment Magazine](#)

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Take a few minutes to appreciate your unique talents and gifts

2021
MAY



Maryland University
of Integrative Health