

# MENTAL HEALTH AWARENESS MONTH MAY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Give yourself a compliment today! - Cristina Z.	<b>2</b> Smell your favorite spices in your home, one at a time! - Hannah D.	<b>3</b> Plan a game night with friends, family, and/or neighbors.	<b>4</b> Stretch for 10 minutes. Notice what parts of your body might want some extra attention.	<b>5</b> Try that new dessert recipe you've been thinking about.	<b>6</b> Look up the next free museum day in your area and plan a trip! - Tom W.
<b>7</b> Go on a bike, scooter, or roller blading ride! - Ivette D.	<b>8</b> Smile at yourself every time you notice your reflection.	<b>9</b> Speak 5 positive affirmations out loud to yourself.	<b>10</b> Have a 10 minute dance party to your favorite songs from your youth! - Patty H.	<b>11</b> Cancel that meeting that could really just be an email. Take a walk or drive instead!	<b>12</b> Go on a walk with a notepad. Draw something you see.	<b>13</b> Pause if stressed - close your eyes and take 5 deep breaths! - Aarti H.
<b>14</b> Spend time reading a fun book or magazine that's not work related! -Isabelle S.	<b>15</b> Unplug by taking a walk without your phone. Tune into your senses to notice something new!	<b>16</b> Try 4-7-8 breathing. Breathe for 4 seconds, Hold for 7, Exhale for 8. Repeat.	<b>17</b> Take extra time during lunch to feel the sun on your skin. - Nana S.	<b>18</b> Reflect on a recent accomplishment. What is something you are proud of?	<b>19</b> Schedule a 5-10 stretch break into your calendar for the day.	<b>20</b> Sleep in! Stay in your pajamas or comfy clothes all day.
<b>21</b> Go outside and count as many creatures as you can in 5 minutes (birds, bugs, pets, etc.)	<b>22</b> Craft a summery home decoration with a loved one. - Charlotte R.	<b>23</b> Go through your photo albums to revisit some happy memories. - Michelle C.	<b>24</b> Write down 5 things you are grateful for.	<b>25</b> Take a break from the news and/or social media today!	<b>26</b> Queue 5 favorite songs for a karaoke party during your commute! - Nellie N.	<b>27</b> Drink a yummy, warm beverage in your favorite mug!
<b>28</b> Shorten meetings from 1 hr to 50 min. Give yourself a natural break throughout the day.	<b>28</b> Before you say "yes," consider saying "no." Create room today for something YOU want.	<b>29</b> Plan a hike with your favorite people! - Miguel P.	<b>30</b> Send a text to that old friend or colleague you've been meaning to connect with.	<b>31</b> Share a delicious meal with family and friends! - Andrea W.	Los Angeles County Office of Violence Prevention invites you to join us in practicing mindfulness and self-care this May!	

## MENTAL HEALTH HOTLINES & RESOURCES

**988 Suicide Prevention Lifeline**

- Call or text 988

**24/7 Crisis Text Line**

- Text "HOME" to 741741 or visit [crisistextline.org](https://crisistextline.org) to Chat

**LA County Department of Mental Health ACCESS Warm Line**

- Call 1-800-854-7771

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LOS ANGELES COUNTY  
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