



# MAY 2025



Mental Health  
Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Wellness From Within: Harvesting Gut Health For Mental Balance Talk ★ Sign up here! 1	Practice Gratitude! Use this prompt 2	Take a mindful walk at Assabet River National Wildlife Refuge Trail info here! 3
Maypole Dancing 11:30-12:30 Sudbury Town Common More info! 4	Breathing Practice: Box Breathing How-to and benefits! 5	Suicide Prevention Talk by Samaritans at Goodnow Library ★ More info! 6	Mindful Crafting: Create Origami Lucky Stars Directions here! 7	Create a spring meal! Try a new recipe! 8	Host a family/friend movie night! 9	Forest Bathe at Nobscott Reservation Trail info here! Benefits of forest bathing here! 10
Mother's Day! 11	Call a friend or family member that you haven't talked to in a while 12	Breathing Practice: Alternate Nostril Breathing How-to and benefits! 13	Visit Therapy Dogs at the Senior Center! 2-3pm ★ More info! 14	Start a Journaling Practice Journal prompts here! 15	Aim for at least 8 hours of sleep tonight! The importance of sleep! 16	Unplug from your screens and have a family game night! 17
Visit Goodnow Library and checkout a new book Goodnow Library info! 18	Breathing Practice for the whole family: Belly Breathing How-to! 19	Sit down for a family dinner Find conversation starters here! 20	Progressive Muscle Relaxation Video walk-through! 21	Sit out in the sun for 5-10 minutes Benefits of sun exposure! 22	Mindful Craft: Color in a Mandala Printable Mandala's here! Benefits of Adult coloring here! 23	Grounding exercise: take off your shoes and walk around barefoot More info and safety precautions! 24
Try a positive affirmation meditation Choose a meditation here! 25	Memorial Day Thank a Veteran for their service! 26	Breathing Practice: 4-7-8 Breathing How-to and benefits! 27	Mindful Craft: Paint Mindfulness Stones at Goodnow Library ★ 4-5pm 28	Get outside and create a Fairy House Fairy House how-to! 29	Try an at-home yoga practice Free video here! 30	Help out a neighbor or do something nice for a friend! Spread positivity! 31



Event led by Sudbury Social Work Department