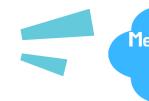


Sudbury Kealth Department Mental Health Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				Wellness From Within: Harvesting Gut Health For Mental Balance Talk Sign up here!	Practice Gratitude! Use this prompt	Take a mindful walk at Assabet River National Wildlife Refuge Trail info here!	
Maypole Dancing 11:30-12:30 Sudbury Town Common More info! 4	Breathing Practice: Box Breathing How-to and benefits!	Suicide Prevention Talk by Samaritans at Goodnow Library More info!	Mindful Crafting: Create Origami Lucky Stars Directions here!	Create a spring meal! Try a new recipe!	Host a family/friend movie night!	Forest Bathe at Nobscott Reservation Trail info here! Benefits of forest bathing here! 10	
Mother's Day!	Call a friend or family member that you haven't talked to in a while	Breathing Practice: Alternate Nostril Breathing How-to and benefits!	Visit Therapy Dogs at the Senior Center! 2-3pm More info!	Start a Journaling Practice Journal prompts here!	Aim for at least 8 hours of sleep tonight! The importance of sleep!	Unplug from your screens and have a family game night!	
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!	Progressive Muscle Relaxation Video walk-through!	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!	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!	Memorial Day Thank a Veteran for their service!	Breathing Practice: 4-7-8 Breathing How-to and benefits!	Mindful Craft: Paint Mindfulness Stones at Goodnow Library 4-5pm 28	Get outside and create a Fairy House Fairy House how-to!	Try an at-home yoga practice Free video here!	Help out a neighbor or do something nice for a friend! Spread positivity!	

