

May 2021 Kindness Challenge Calendar

It's been a tough year – to say the least – and now is a good time to remind ourselves to be kind to ourselves and one another. Being kind to ourselves, body and mind, means we are self-compassionate. Being kind to others means treating others with respect and empathy, especially during the COVID-19 pandemic. Challenge yourself to do an act of kindness every day during the month of May with this Kindness Calendar.



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|--|
| | | | | | | 1 |
| | | | | | | Stay virtually connected with family and friends. |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Reach out to someone you haven't connected with in a while. | Get enough sleep. Adults should get at least 7 hours each night. | Move your body and exercise or go for a walk. | Stay hydrated. | Try a mindful meditation. See some here . | Enjoy one of your hobbies. | Try something new today. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Create a routine to give structure to your days. | Limit your exposure to media and the news. | Wear a face mask to protect yourself and others. | Practice physical distancing when you are out in public. | Donate to the Beach Cities COVID-19 Fund . | Thank an essential worker. | Reach out if you need support. See bottom of the calendar to get help from BCHD today. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Offer help if a friend is in need. | Give someone a compliment. | Give yourself a compliment. | Write down five things you are grateful for. | Share about these Mental Well-Being Tips with a friend. See here . | Reflect about kindness received, observed and shared. See how here . | Perform acts of kindness with your children. Here's how . |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Reach out with a Kindness Card . | Support a caregiver . | Finish all meals/snacks at least 1 hour before bed. | Go technology free for a day. | Write in a gratitude journal about what you are thankful for. | Go to bed 30 minutes earlier. | Post a picture using #BeachCitiesMentalHealth. |
| 30 | 31 | <p>Need help? If you or someone you know in the Beach Cities needs help with health-related information and referrals, please call our Assistance, Information & Referral line at 310-374-3426, ext. 256, 8:30 a.m. – 5 p.m. or visit us online at bchd.org/resources.</p> | | | | |
| Learn about creating a zen zone here . | Connect with nature. Learn how here . | | | | | |

#BeachCitiesMentalHealth