

# MAY IS MENTAL HEALTH MONTH SELF-CARE CALENDAR CHALLENGE!

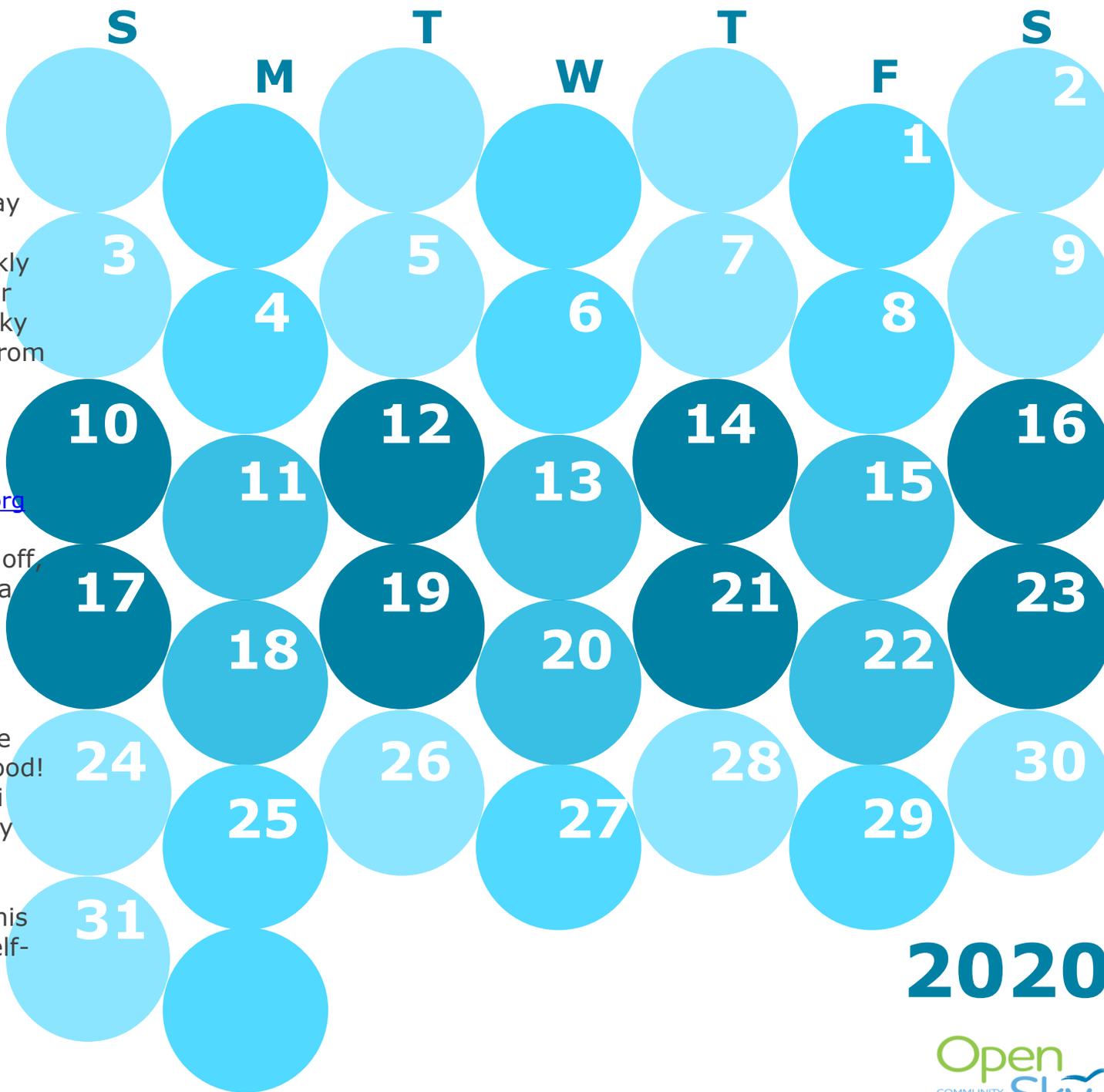
Write in what you did each day that you practice a self-care strategy. Check out the weekly Self-Care Challenge emails for ideas! Also watch the Open Sky social media feeds for ideas from our leadership team!

At the end of the month, send completed calendars to [stefanie.gregware@openskycs.org](mailto:stefanie.gregware@openskycs.org)

For each day you've checked off, you'll receive ONE entry into a raffle for a \$25 gift card for self-care supplies!

Want to take your self-care practice to the next level? Use the calendar to track your mood! Turn each circle into an emoji for how that self-care strategy made you feel.

Feel free to use the back of this sheet to note your favorite self-care strategies!



# 2020

