



Month of Self-Care & Gratitude

May 2025



This Month, in honor of Mental Health Awareness Month, it’s time to prioritize YOU by practicing self-care and gratitude each day. Here are some ideas for activities to enhance your well-being.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Start a journal and write 3 things you’re grateful for each day.	2 Spend a few minutes each day doing deep breathing.	3 Come up with a mantra and repeat it for daily affirmation.
4 Reflect on a positive memory from the week.	5 Dedicate a personal space for relaxing and reflecting.	6 Color, draw, write, or do crafts as an outlet for creative expression.	7 Participate in The Foundation’s free virtual Mindfulness Session.	8 <u>Watch the Foundation’s Mindfulness Series of Webinars.</u>	9 Listen to music that speaks to you.	10 Say no to something so you can have needed “me time.”
11 Spend 30 minutes before bed reading a book you enjoy.	12 Visualize your worries floating away on a river.	13 Send a thank you note to someone who has a positive impact on you.	14 Spend 5 minutes with a short calming meditation.	15 <u>Join the Foundation’s Empowered Pain Relief Webinar.</u>	16 Register for one of The Marfan Foundation’s free support groups.	17 Walk outside and stop to smell the flowers.
18 Spend time outside and stop to smell the flowers.	19 Volunteer for a cause which you’re passionate about.	20 Engage in an activity that makes you laugh.	21 Dance to any music that moves you.	22 Close your eyes and picture a relaxing, calming scene.	23 Schedule a night out with someone you love.	24 Join a Walk for Victory to connect with others in your community.
25 Talk to someone you trust about a challenge you’re having.	26 Write a thank you letter to yourself with gratitude for being you.	27 Learn a new skill and give yourself grace when you do.	28 Offer help to someone who has been struggling.	29 Take a break from your busy schedule and “just be.”	30 Reach out to a friend you haven’t spoken to in a while.	31 Celebrate your month of self-care and plan for YOU in June.

