

Month of Self-Care & Gratitude

May 2026

THE **MARFAN**
FOUNDATION



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

For more ways to enhance your mental health, visit marfan.org/mental-health.