

TARPON SPRINGS RECREATION

MAY is Mental Health Awareness Month

WE CHALLENGE YOU TO COMPLETE ALL 31 DAYS OF OUR MENTAL HEALTH AWARENESS CALENDAR. COMPLETE 22 DAYS TO BE ENTERED TO WIN VALUABLE PRIZES!

TRIVIA
Mental Health Awareness Month began in 1949.

MENTAL HEALTH MATTERS!

START

FINISH AND REPEAT!

1 Start a journal and make a goal to write three things you are thankful for, daily.

2 Take time to go to the beach at sunrise or sunset, whenever you can. Breathe in the salty air.

3 Look for a new recipe & get crafty in the kitchen.

4 Get lost in music. Turn on a radio, sing, dance or just sit and enjoy.

5 Play to your strengths. Spend time doing something you're good at to boost your self-esteem.

6 Try out Pilates on us at Craig Park or look up a workout class on YouTube.

7 Call someone you haven't talked to in a while. Say "Hi!" and reconnect.

8 Try some Yin Yoga today on us, or look up a class on YouTube and do it at home.

9 Read a book from your childhood for a dose of nostalgia.

10 Meditate! Take time to clear your mind.

11 Learn something new. Read about something you're interested in, learn a new hobby or skill.

12 Unplug! Take today to unplug and enjoy every minute away.

13 Stretch! Start your day with stretching exercises for 10 minutes.

14 Exercise your brain. Grab a word search, sudoku, crossword or jigsaw puzzle, & solve.

15 Practice 4-5-4 breathing. Breathe in through the nose for 4 seconds, hold for 5 seconds then exhale for 4.

16 Get moving! Run, walk, jog, bike, roll, dance or jump. Do a physical activity for 30 minutes.

17 Make a conscious effort to slow down your brain, body & spirit.

18 Connect to your community. Look for an event, business or farmers market you can visit.

19 Go for a walk in a local park. Take in the fresh air & sounds.

20 Got Yoga? We offer numerous classes at the Community Center
M/W/F-9:30am
T/Th-12:30pm & 2pm

21 Pick a color and see where it shows up in your day.

22 Cuddle a pet. If you don't have one, visit a friend or go to an animal shelter.

23 Start the day by drinking two glasses of water.

24 Brighten someone's day! Hand write a letter or postcard to a friend and mail it out.

25 Volunteer. Look for local places that need volunteers and help out!

26 Sunday Bum-Day! Plan nothing today. If Sunday doesn't work, switch days.

27 Need a mood lift? Spend 15 minutes de-cluttering an area in your home.

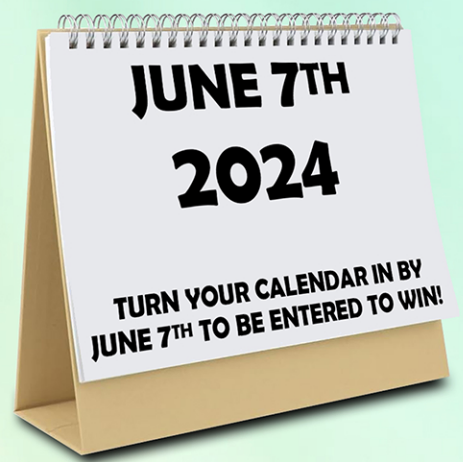
28 Got color? Grab crayons, markers or colored pencils and color a picture.

29 Laugh! Find the humor in everything you can.

30 Perform a random act of kindness.

31 Create an at-home spa day! Then, read the journal you started on day 1.

Mental Health Awareness



The challenge runs from May 1st through May 31st. Check off each day on the calendar as you complete the daily task. Once the month is complete, turn in your completed calendar at the Community Center to be entered to win a prize.