

monday

tuesday

wednesday

thursday




friday

saturday

sunday

Protect your peace this May.

Protecting your peace means caring for and safeguarding your physical, mental, emotional and spiritual self. Prioritise your health a wellbeing this month and set boundaries if you need to. Be mindful about the people you surround yourself by and the things you say yes to. Be deliberate about the things that bring you joy and make sure they are a part of your life.

<p>1</p> <p>Remember, your mental health is a priority, your happiness is essential, your self-care is a necessity.</p>	<p>2</p> <p>It's domestic and family violence prevention month For domestic violence support, call 1800RESPECT (1800 737 732)</p>	<p>3</p> <p>Fill your cup with the good things in life. This might be weekend sleep-ins, meditation or home cooked meals. Do what feels good for you.</p>	<p>4</p> <p>Try some mindfulness practices. Such as deep breathing, meditation or body scans.</p>	<p>5</p> <p>Say no when you need to. Sometimes it can be overwhelming to try to do everything all the time. Saying no is an important way to help set healthy boundaries.</p>	<p>6</p> <p>Make some pancakes! Embrace the start of the weekend by whipping up a batch of pancakes. Add choc chips or banana to make them extra special!</p>	<p>7</p> <p>Let a loved one know that you appreciate them.</p>
<p>8</p> <p>Create a consistent bedtime routine. Try reading, listening to music, having a warm bath or shower, or deep breathing exercises.</p>	<p>9</p> <p>Maintain a healthy work / life balance. Make time for things you enjoy outside of work or study.</p>	<p>10</p> <p>Make a list of things that make you happy and refer to it when you need a mood boost.</p>	<p>11</p> <p>Learn a new dance move!</p> 	<p>12</p> <p><i>"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness."</i> – Brené Brown</p>	<p>13</p> <p>Host a themed movie night with friends.</p>	<p>14</p> <p>Focus on your internal peace. While, some things are simply out of your control, you can control your emotions and thoughts about these things.</p>
<p>15</p> <p>Ease into your week. Be kind to yourself, take regular breaks and do one thing at a time.</p>	<p>16</p> <p>Go on a picnic with friends or family.</p> 	<p>17</p> <p>It's IDAHOBIT! The International Day Against LGBTIQ+ Discrimination Express yourself and wear the rainbow loud and proud!</p>	<p>18</p> <p>Take a 10-minute walk outside.</p>	<p>19</p> <p>Declutter your physical space. Start with one room at a time.</p>	<p>20</p> <p>Try a yoga class.</p> 	<p>21</p> <p>Visit a farmer's market and buy fresh, local produce. Looking after your body can also benefit your mind and overall wellbeing.</p>
<p>22</p> <p>Practice positive affirmations; "I am capable" "I will have a peaceful day" "I have great ideas"</p>	<p>23</p> <p>Squeeze more exercise into your daily routine. Try taking the stairs instead of the elevator or walking to work or school.</p>	<p>24</p> <p>Break up study sessions Divide study sessions into manageable chunks of time, taking short breaks in between.</p>	<p>25</p> <p>Connect with a friend or family member and have a meaningful conversation.</p> 	<p>26</p> <p>National Sorry Day Remember, there's no shame in talking it out. Head to headspace.org.au/yarn-safe</p>	<p>27</p> <p>Today is the start of National Reconciliation Week. #beavoice</p>	<p>28</p> <p>Remember, it's ok not to do it all... Take time for yourself and relax with a cuppa.</p>
<p>29</p> <p>Take a moment to learn about the history behind National Reconciliation Week Visit nrw.reconciliation.org.au/about-nrw/</p>	<p>30</p> <p>Write a thank you note to someone who has made a positive impact in your life.</p>	<p>31</p> <p><i>"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely!"</i> – Roald Dahl</p>	<div style="border: 1px solid black; padding: 10px;">  <p>Sign up to our newsletter for news, tips and happenings in the world of mental health.</p> </div> <p style="text-align: right;">For online resources and support, join eheadspace: headspace.org.au/eheadspace</p> <p style="text-align: center;">We are here to help you have a good day today and tomorrow. This starts with looking after your mental health and overall wellbeing. Use this calendar to try out a different healthy habit each day.</p>			



headspace acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

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