

Care for your mind,
honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health with daily resources designed to cultivate tenderness with yourself and others.

Mental Health Awareness Month

	Monday	Tuesday	Wednesday	Thursday	Friday			
WEEK 1: MIND	April 27 Prepare: Enroll in Headspace to access content Scan the QR code or follow the URL below	April 28 Prepare: How to Practice Mindfulness Learn what mindfulness actually is and how you can practice it daily	April 29 Tip: Review the calendar and circle the resources that you'd like to explore this month.	April 30 Course: Learn the Basics of Meditation Learn the fundamentals of meditation and mindfulness to support you throughout the month.	May 01 Learn: Deep Breathing for Stress Relief This quick breathing exercise can help you find some space and respond to stress in a more skillful way.			
	WEEK 2: BODY	May 04 Meditation: Body Scan Release tension by connecting with the physical sensations of your body.	May 05 Challenge Wind down your mind before bed by putting screens away 30 minutes ahead of sleep	May 06 Move: Mindful Walk You don't have to be sitting still to be mindful. Get up and walk to explore the world around you!	May 07 Live Meditation: Navigating Burnout Pause and learn practical tools with Dora to create healthy rhythms that restore, instead of deplete.	May 08 Challenge Eat a nourishing meal that supports your body.		
		WEEK 3: SELF-LOVE	May 11 Learn: Self-compassion Learn how to treat yourself with kindness and accept things as they are.	May 12 Learn: Self-esteem Move towards a less judgmental inner life by creating some space in your mind to observe negative and self-critical thinking.	May 13 Surprise! Open the Headspace app at 12pm EST / 9am PST for a unique experience.	May 14 Live Workshop: Hit Reset on Burnout Learn to address burnout by knowing your limits and committing to self-care. Register now to join.	May 15 Challenge If you catch self-criticism popping up, try to gently reframe it. Example: I messed up → I'm learning. Everyone makes mistakes.	
			WEEK 4: CAREER	May 18 Challenge Send a coworker a note to recognize them for something positive they've done.	May 19 Headspace Conversations: Avoiding Work Burnout See how boundaries can enhance productivity and help prioritize your physical and mental health.	May 20 Challenge Change your environment by having lunch away from your desk or office.	May 21 Meditation: Decompress After Work Let go of the day and drop into the present moment to relax your body and mind.	May 22 Focus Music Select a playlist that supports your focus mode and keeps you zoned in on the task at hand.
				WEEK 5: CONNECTION	May 25 Learn: Reframing Loneliness Learn to understand what it means to be lonely and how you can feel more connected to others and the world around you.	May 26 Challenge In one conversation, answer honestly instead of automatically responding "I'm fine."	May 27 Meditation: Connecting with Community Tap into the support and warmth of community by connecting with others.	May 28 Challenge Share your Headspace benefit with a loved one or dependent 13+. Tap into the support and warmth of community by connecting with others.

Make time for your mind today and every day.

Headspace offers meditations, mindfulness tips, sleepcasts, focus playlists, and more.



Headspace is available at no cost to you. Scan the QR code to get started.

Have a question? Email teamsupport@headspace.com