


May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Children's Mental Health Awareness Week is May 3-9, 2020 Tips for Fostering Resilience in your Child					1 As a family, make a list of things you are grateful for!	2 Spend some time outdoors together, if possible.
3 Learn the facts about children's mental health!	4 Find a mindfulness activity for your family to do together.	5 Have a device-free day!	6 Stay hydrated and try to eat a balanced diet.	7 Wear GREEN for Children's Mental Health Awareness!	8 Keep your body moving, even if remaining indoors.	9 Speak kindly to yourself and others.
10 Work on a family project together!	11 Help your child name the things that make them feel safe.	12 Ask for help.	13 Try to get a good night's sleep!	14 Feeling overwhelmed or frustrated? Take 10 deep breaths.	15 Have a family game night!	16 Start a journal. There are many ways of doing this!
17 Learn and practice new coping skills for stress and anxiety.	18 Keep up at your routine and schedules.	19 Spend time talking about your family's strengths!	20 Complete a random act of kindness!	21 Exercise your brain: do a puzzle, craft, read, listen to music.	22 Reach out to friends and family. Call, email, send a letter!	23 Start a new project together as a family!
24 Encourage each other to practice self-care.	25 Practice active listening skills.	26 Keep doing your best!	27 Feelings are important! Write or draw about them!	28 Remain positive about the future. Make a list of things ahead!	29 Take 5 minutes to sit in the silence and just breathe.	30 Make uninterrupted time for each other.
31 Don't forget to say thank you and I love you!	The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland & the Maryland Coalition of Families with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School & Community Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org MHAMD: 443-901-1550 www.mhamd.org MCF: 410-730-8267 www.mdcoalition.org					

Happy - Healthy - Hopeful