

MAY 2024 WELLBEING CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

		1 The strongest people are not those who show strength in front of us, but those who win battles we know nothing about.	2 It's okay not to be okay; it's okay to ask for help.	3 Your mental health is a priority. Your happiness is essential. Your self-care is a necessity.	4 Healing takes time, and asking for help is a courageous step. - Mariska Hargitay	5 You are enough just as you are. Your imperfections make you beautifully human.
6 You are braver than you believe, stronger than you seem, and smarter than you think.- A.A. Milne	7 It's okay to take a break. Rest and recharge; your mental health matters	8 You are worthy of love, belonging, and healing." - Brene Brown	9 Recovery is not a race; it's a journey. Take one day at a time, and celebrate your progress.	10 Be kind to your mind.	11 You are resilient. You've survived every challenge life has thrown at you.	12 It's okay to not have it all together. Progress, not perfection, is what matters.
13 You are worthy of compassion, understanding, and empathy.	14 Your struggles do not define you. Your strength, courage, and resilience do.	15 Every storm runs out of rain. Hang in there; better days are coming.	16 You are enough, exactly as you are. You are loved, and you are worthy.	17 You are not broken; you are beautifully human. Embrace your flaws, imperfections, and uniqueness.	18 Your vulnerability is your greatest strength. It takes courage to show up, be seen, and be real.	19 Your mental health matters more than anything else. Take care of yourself first.
20 You are not defined by your past. Every day is a new opportunity to rewrite your story.	21 You are a survivor of every challenge you've faced. Keep going; you've come so far.	22 It's okay to not have all the answers. Just keep moving forward, one step at a time.	23 You are not alone in your battle with mental illness. Let's end the stigma and support each other.	24 Your emotions are valid; allow yourself to feel them without judgment or resistance.	25 Your wellbeing is non-negotiable; prioritise it with the same care and dedication you give to others.	26 Your struggles are part of your story, but they do not define your worth or determine your future.
27 Your mental health matters, today and every day. Take the time to check in with yourself	28 Be the architect of your inner world; build a foundation of peace, joy, and resilience.	29 Find solace in your journey, for every experience shapes your unique story.	30 Prioritise yourself; your peace, joy, and balance matter now and always.	31 Let's make mental health a priority, not just in May, but every day of the year.		



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PRIORITISING MENTAL HEALTH THIS MAY.