

**DO** 😊 😊  
**SOMETHING**  
**FOR YOUR**  
**MENTAL** 🌀  
😊 **HEALTH**  
**TODAY!**

# Mental Health Action Day

The third annual Mental Health Action Day is May 18th! Here is a list of 18 actions you can take to support yourself and your mental health. Try at least one (or more) before the day is up and post about it using [#MentalHealthAction](#).

1. Go for a walk
2. Take a few minutes to meditate
3. Write an entry in your journal
4. Do a breathing exercise
5. Listen to a wellness podcast
6. Download a wellness app
7. Enjoy the outdoors
8. Get creative - color, draw or doodle
9. Make a gratitude list
10. Take or schedule a fitness or yoga class
11. Listen to your favorite music
12. Take a nap
13. Disconnect from your phone
14. Sign up to volunteer at your favorite org
15. Text a friend or a loved one
16. Check-in with yourself
17. Discover new resources at [mentalhealthishealth.us](http://mentalhealthishealth.us)
18. Seek help from a friend or professional



Mental  
Health  
is Health

