

MAY



GIVING

KITCHEN.ORG

1
Who would you like to have a deeper relationship with by the end of the month?

2
What are three words you'd like to live by?

3
What are your personal values? How can you align your actions with them?

4
Find something in your home you haven't touched in a year. Get rid of it!

5
Ask a friend or family member if they're interested in a short walk or hike

6
Light a candle that is a relaxing scent like lavender, chamomile, or sandalwood

7
Write down something that's stressing you out and tear it up

8
See what shapes you can spot in the clouds in the sky or shadows on the ground

9
Is there something you can do daily that would make life easier? Try it today!

10
Ask a loved one if there's anything you can do to help them

11
If you could wish for one thing except money, what would it be? Write it down

12
Massage your feet for one minute, paying special attention to the arch and heel

13
Try a peaceful place meditation where you visualize a peaceful place you have been

14
If you're able, are there stairs you could take today instead of an elevator?

15
What is the most stressful part of your shift? Write about it

16
Clean out the "stuff drawer" in your home (you know, with the mail and other things)

17
Share a happy memory with a loved one

18
Forgive yourself for something

19
Stock up on healthy snacks like fruit, vegetables, dried fruit, and nuts

20
What does your breath sound like to you? Waves? Wind? A rain stick?

21
Read a chapter of a book on your break instead of reaching for your phone

22
Spend 30 minutes expressing yourself in a creative way

23
What's something you can do to take care of your mental health today? Do it!

24
Is there anything in your living space you can fix, like a door handle or a shelf?

25
Collect a few leaves. Compare their shapes, veins, textures, and smells

26
Do you remember where you were this time last year? What's different?

27
Do a chore you've been putting off today

28
Where do you keep your belongings at work? Could spruce up that space?

29
Inhale for a count of four, hold for four, exhale for four, hold it out for four

30
Do a bedtime meditation for five minutes on Youtube

31
Did you avoid self-care this month? How can you prioritize it?

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