



# May is Mental Health Awareness Month!

## **Thursday, May 2: Wear Green for Mental Health Awareness Month**

Green represents the GREEN light to ask for help when you need it.

## **Tuesday, May 7: Together TWIN Tuesday**

Dress like a friend or two who helps you when you need support. We are all in this together.

## **Thursday, May 16: Wear Tie Dye**

Wear TIE DYE to represent a wide range of emotions. It's okay to feel and express them all.

## **Monday, May 20: Favorite Color**

Wear the color that makes you feel the most relaxed and calm. Scheduling times for purposeful relaxation trains our brains and bodies to relax during stressful times.

## **Wednesday, March 1, 8, 15, 22: Workout Wednesdays**

Workout Wednesdays remind us how important regular physical fitness is for our minds.