

# MAY IS MENTAL HEALTH MONTH SELF-CARE CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Write in what you did each day that you practice a self-care strategy. Check out the weekly Self-Care Challenge emails for ideas! Also watch the Open Sky social media feeds for ideas from our leadership team!

At the end of the month, send completed calendars to [stefanie.gregware@openskycs.org](mailto:stefanie.gregware@openskycs.org)

For each day you've checked off, you'll receive ONE entry into a raffle for a \$25 gift card for self-care supplies!

