

MAY 2021



MENTAL HEALTH AWARENESS MONTH

#MENTALHEALTHMATTERSBH

WELLNESS & AWARENESS ACTIVITIES

WEEK OF
May 3rd

Chalk Your Walk

Chalk your walk with mental wellness messages like: Mental Health Matters; You are loved; have a beautiful day; Break the Stigma, etc. Remember to share your picture using the tag #mentalhealthmattersBH and United Way of the Black Hills!

WEEK OF
May 10th

Show your support by wearing green!

Green is the color of mental health representing hope, strength, support, and encouragement for sufferers. Share a picture of you wearing green and remember to use the tag #mentalhealthmattersBH and United Way of the Black Hills!

WEEK OF
May 17th

Self-Care Bingo Challenge

Challenge your co-workers, family or friends to a fun self-care bingo challenge! If you really want to have fun, have a \$5 coffee giftcard up for grabs to the winner!

WEEK OF
May 24th

Write a Card

Challenge your coworkers to write cards to distribute to local nursing homes and hospitals. A friendly little note that shares you are thinking of that person can bring a smile to their face!