

Mental Health Awareness Month

Care for your mind,
honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health with daily resources designed to cultivate tenderness with yourself and others.

	Monday	Tuesday	Wednesday	Thursday	Friday
	April 27	April 28	April 29	April 30	May 01
WEEK 1: MIND	 Prepare: Enroll in Headspace to access content	 Prepare: How to Practice Mindfulness Learn what mindfulness actually is and how you can practice it daily	 Tip: Review the calendar and circle the resources that you'd like to explore this month.	 Course: Learn the Basics of Meditation Learn the fundamentals of meditation and mindfulness to support you throughout the month.	 Learn: Deep Breathing for Stress Relief This quick breathing exercise can help you find some space and respond to stress in a more skillful way.
	May 04	May 05	May 06	May 07	May 08
WEEK 2: BODY	 Meditation: Body Scan Release tension by connecting with the physical sensations of your body.	 Challenge Wind down your mind before bed by putting screens away 30 minutes ahead of sleep	 Move: Mindful Walk You don't have to be sitting still to be mindful. Get up and walk to explore the world around you!	 Live Meditation: Navigating Burnout Pause and learn practical tools with Dora to create healthy rhythms that restore, instead of deplete.	 Challenge Eat a nourishing meal that supports your body.
	May 11	May 12	May 13	May 14	May 15
WEEK 3: SELF-LOVE	 Learn: Self-compassion Learn how to treat yourself with kindness and accept things as they are.	 Learn: Self-esteem Move towards a less judgmental inner life by creating some space in your mind to observe negative and self-critical thinking.	 Surprise! Open the Headspace app at 12pm EST / 9am PST for a unique experience.	 Live Workshop: Hit Reset on Burnout Learn to address burnout by knowing your limits and committing to self-care. Register now to join.	 Challenge If you catch self-criticism popping up, try to gently reframe it. Example: I messed up → I'm learning. Everyone makes mistakes.
	May 18	May 19	May 20	May 21	May 22
WEEK 4: CAREER	 Challenge Send a coworker a note to recognize them for something positive they've done.	 Headspace Conversations: Avoiding Work Burnout See how boundaries can enhance productivity and help prioritize your physical and mental health.	 Challenge Change your environment by having lunch away from your desk or office.	 Meditation: Decompress After Work Let go of the day and drop into the present moment to relax your body and mind.	 Focus Music Select a playlist that supports your focus mode and keeps you zoned in on the task at hand.
	May 25	May 26	May 27	May 28	May 29
WEEK 5: CONNECTION	 Learn: Reframing Loneliness Learn to understand what it means to be lonely and how you can feel more connected to others and the world around you.	 Challenge In one conversation, answer honestly instead of automatically responding "I'm fine."	 Meditation: Connecting with Community Tap into the support and warmth of community by connecting with others.	 Challenge Share your Headspace benefit with a loved one or dependent 13+. Tap into the support and warmth of community by connecting with others.	 Reflect Notice your growth by writing down one way you've learned to care for your mind this month

Make time for your
mind today and every day.

Headspace offers meditations, mindfulness tips, sleepcasts, focus playlists, and more.

Headspace is available at no cost to you.

To get started, visit:
<https://work.headspace.com/emoneyadvisor/member-enroll>

Have a question? Email teamsupport@headspace.com