

Wellness Institute Monthly Calendar

May 2022



National Mental Health Awareness Month

You can find resource kits for Mental Health Awareness Month 2022. For posters on person-first language, visit the [American Hospital Association](#) website.

Week 1: May 1 - 7

May 1 - 7 is Drinking Water Week

Find resources to share from the [American Water Works Association](#) and the Water Environment Federation campaign, called [Water's Worth It](#).

May 3: National Garden Meditation Day

Take time today to relax outside. Visit a local garden and, mindfully, enjoy the sights, the smells, and the sounds. Another option is to do a [virtual garden visit or a guided meditation](#).

May 4: National Renewal Day

Set your sights on a new wellness goal, beginning today. Spring cleaning inside and out will renew and refresh you. Focus on [self-care](#) to help you continue your wellness journey.

May 6 - 15 National Public Gardens Week

This special week spans two weekends, which gives you plenty of time for garden visits! Find a [botanical garden in your area](#)—many have free or reduced cost visit times. Learn about the [US Botanical Garden](#) through a virtual tour. Many other public gardens also have online video tours. Just google “botanical garden virtual tour.”

May 7: National Scrapbook Day

Are you a scrapbook fan? If so, check for local gatherings of other scrapbookers! If not, learn about how to [get started with a scrapbook](#) and find ways to save memories, decorate your journal, or create gifts for friends and family.

May 7: National Play Outside Day

[National Play Outside Day](#) is the first Saturday of every month. Go outside and have some fun! You can boost your mood, benefit from sun and exercise and appreciate nature and the world around you.

Week 2: May 8 - 14

This is SAMHSA National Prevention Week. [Visit the website](#) for more information and tips on planning events.

May 8: Mother's Day

In 1914, Woodrow Wilson designated the second Sunday in May as Mother's Day. Celebrate all motherly people—who have impacted your life.

May 14: National Miniature Golf Day

Wherever you are, there's probably a mini-golf course nearby! Want to be amazed? Google “mini golf art” and click on images.



Week 3: May 15 - 21

May 21 National Learn to Swim Day

Swimming can be a life-saving skill, especially for children. It's also a great way to exercise and a terrific summer activity. For information, check out [USA Swimming](#).

Week 4: May 22 - 28

May 23 National Lucky Penny Day

Is a found penny [really lucky](#)? Is it worth bending over to pick it up? Have you ever heard of a “large penny”? Find out about this and other fun penny facts on the website for the [US Mint](#).

May 24 National Scavenger Hunt Day

Have a digital “8D” scavenger hunt! Each person or team takes a picture of something that boosts their wellness in each dimension. Set a time limit, then get together and share.

Here's a checklist to get you started, or download our free booklet, [Wellness in Eight Dimensions](#), as a guide.

- Physical
- Emotional
- Intellectual
- Spiritual
- Occupational
- Social
- Financial
- Environmental



Week 5: May 29 - 31

May 30 National Creativity Day

The arts are a very human way of making life more bearable. Practicing an art, no matter how well or badly, makes your soul grow. Sing in the shower. Dance to the radio. Tell stories. Write a poem to a friend, even a lousy poem. Do it as well as you possible can. You will feel rewarded by having created something.

Adapted from a [quote](#) by Kurt Vonnegut

May 31 National Smile Day

Share a smile and start a cycle of positivity. When you smile at someone else, they usually smile back. A smile makes you feel warm and often results in you smiling....

May is also...

[Get Caught Reading Month](#)

Visit your local public library or independent bookstore. Libraries offer digital downloads of print and audio books. Is there a [Little Free Library](#) in your area? Or a “take one, leave one shelf” where you can get a free book?

[National Salad Month](#)

Prepare a nice salad each day!

[National Strawberry Month](#)

Yum!

For more fun holidays, visit:

- <https://www.angiegensler.com/may-holidays/>
- <https://www.holidaycalendar.com/months/may/>
- <https://nationaldaycalendar.com/may-monthly-observations/>

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