

Meaningful MAY

Join Crossroads YMCA for a Meaningful May as we recognize Mental Health Awareness month. Complete the following card with our activity suggestions or add your own! **Remember, it doesn't have to be May for you to do something meaningful.**

- Tell your person three things that happened positively today
- Show gratitude to people who are helping to make things better
- Spend 30 minutes being active outside
- Meditate for 10 minutes
- Do something meaningful for someone you really care about
- Tell someone why your favorite music means a lot to you
- Recall three things you have done today and are proud of
- Color a page in a coloring book

Send friends a photo of a time you enjoyed together	Reconnect with nature	Look for positive news and be cheerful today	
Sit outside and paint a mailbox, tree or canvas		Ask a loved one or colleague what matters most to them and why	Try something new on YMCA 360 for yourself or family
Enjoy your favorite healthy meal			
Do something special today and revisit the memory tonight	Journal your short and long-term goals	Invite someone to be active with you	
Try Yoga at the Y			
Plant a tree or flowers			
Listen to your favorite music all day			
	Hand write a note to someone		Take a minute to remember what REALLY matters to you and why

