

CALENDAR MAY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Celebrating Workers' Day Learn about WWM	2 5 Types of Wellbeing and How to Achieve Each in the Workplace	3 Read Work-Wellbeing-Playbook Work-Wellbeing-Playbook - May Calendar.pdf	4
5 Screen Free Week	6 Watch Stephanie Reina's masterclass on Digital Wellbeing	7 Read: How to help your family enjoy a screen-free week	8 Download the Screen Free Bingo!	9 Read: The Lost Art of Boredom	10 Books to inspire healthy Screen Use	11
12 Mental Health Awareness Week	13 Read: How community benefits your mental health	14 Listen to Inside Mental Health Podcasts	15 Mental Health Awareness Month Reading Recommendations	16 How to talk to your child about mental health	17 Mental Health Awareness Month: Films to Watch	18
19 How to celebrate World Meditation day?	20 Find the difference between Mindfulness Vs Meditation	21 How you can celebrate World Meditation Day.	22 How to meditate?	23 Read more about meditation and mindfulness	24 Read: Frequently Asked Questions About Meditation	25
26 Explore the answer to this question Why do we sleep?	27 Create your Sleep Profile by completing this survey .	28 Identify how you feel when you do not get a good night's sleep. Provide specific examples.	29 When you are having difficulties falling asleep, do you have any strategy to slow down your brain and doze off? Journal about it.	30 Explore the book: Why We Sleep: The New Science of Sleep and Dreams by Matthew Walker	31 Create a May Dump and set some intentions for June	



IT'S COMING TO YOUR INBOX!