

S M T W T F S

May

01 02 03 04 05 06 07

Label empty time in your day "me time"

Try a 2 minute Calm breath-work practice

Write 3 things that you are grateful for.

Complete the daily reflection.

Add 5 minutes onto your meditation

Write 6 nice things you can do for yourself

Try a new Sleep Story.

#StartSmallWithCalm

08 09 10 11 12 13 14

Share your favorite meditation with a mom in your life.

Put on a Calm playlist while cooking.

Journal your definition for "calm".

Add "play" to your to-do list.

Stretch it out with Daily Move.

Take a new route on your commute.

Listen to a self-love meditation.

15 16 17 18 19 20 21

Drink some water before you meditate.

Look in the mirror & say "I love you".

Complete the Calm Mood Check-In.

Practice mindful eating.

Share your Gratitude Check-In of the day.

Spend 20 seconds taking deep breaths.

Turn to someone for support.

22 23 24 25 26 27 28

Listen to Daily Jay while making tea.

Reread your favorite poem or text.

Listen to today's Daily Trip.

Try a walking meditation.

Write a list of things that make you feel grateful.

Take a tech-free walk.

Share how you're really doing today.

29 30 31

Look back: what are you most grateful for?

Tell a friend you're proud of them.

Reflect on the small steps you took in May.

Mental health is big.
Start small.

