

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# Make It OK MAY 2025

Daily Dose of Well-Being: 31 Ways to Take Action in May

1

Follow Make It  
OK on Facebook

2



Take the pledge  
at [makeitok.org](https://makeitok.org)

3



Sign up for our  
newsletter at  
[makeitok.org](https://makeitok.org)

4



Mood Boost:  
Spend time in  
nature

5



Laugh  
Watch a comedy  
or be with friends

6

Listen to a  
mental health  
podcast

7



Chalk your  
community green

8



Become an  
Ambassador!  
Register for  
training

9

Try Box Breathing:  
Breathe in for 4,  
hold for 4, out for  
4. Repeat

10



Play feel-good  
music!

11



Pre-register for Make  
It OK Substance Use  
Disorder  
Presentation

12



Event: Building  
Teen Resilience  
(live or virtual)

13



Share Make  
It OK with  
someone

14



Check in  
with a friend

15



Wear Green Day

16



Drink cold water  
to help calm you  
+ hydrate

17



Donate  
an item

18



Unplug from  
screens 1 hour  
before bed

19

Stories connect  
us. Read, Listen  
or Watch at  
[makeitok.org](https://makeitok.org)

20



Event: Family  
Stress +  
Support  
(live or virtual)

21

Take a 5-minute  
vacation. Learn  
how on our  
Facebook

22



Mood boost:  
Stretch and  
move your body

23

Do something  
you enjoy  
today

24

Stories matter.  
Share your lived  
experience

25



Mood boost:  
Declutter a  
small space

26



Volunteer or  
help someone

27



Learn about QPR  
Presentaion  
(Question,  
Persuade, Refer)

28



Smile at a  
stranger today

29



Mood Boost:  
Take a walk

30



Plan a potluck.  
Food, friends, fun

31

Keep going!  
May's just the  
start

Scan the QR Code

TO FIND ALL MENTAL HEALTH MONTH CALENDAR EVENTS AND RESOURCES

#MAKEITOK

