



Mental Health Awareness Month

Care for your mind, honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health by participating in a variety of activities geared at cultivating tenderness with yourself and others.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May 01</p> 	<p>May 02</p>  <p>Activity: 10-Minute Mindfulness Exercise A guided meditation to help with anxiety and stress</p>	<p>May 03</p> 	<p>May 04</p>  <p>Activity: Judgment-Free Journaling Reflect by journaling, and quell the chaos.</p>	<p>May 05</p>  <p>Journal Prompt: Prioritize Self-Care Make a shortlist of self-care activities to commit to this weekend.</p>
<p>May 08</p>  <p>Read: Use Momentum to Stop Procrastinating Break the cycle of procrastination by understanding how motivation works.</p>	<p>May 09</p> 	<p>May 10</p>  <p>Activity: Practicing Body Kindness Shifting narratives to accept your body – flaws and all.</p>	<p>May 11</p> 	<p>May 12</p>  <p>Tips: Manage Workplace Stress and Burnout Identify causes of stress and discover strategies to prevent burnout.</p>
<p>May 15</p>  <p>Activity: Mindful Eating Learn how to practice mindful eating to improve your relationship with food.</p>	<p>May 16</p>  <p>Listen: Create a Mental Vacation – Lake Relax by visualizing a tranquil getaway by a lake.</p>	<p>May 17</p> 	<p>May 18</p>  <p>Register: Connection Workshop Join Ginger's next workshop to learn how connection supports your mental health.</p>	<p>May 19</p>  <p>Activity: Relaxed Muscles = Relaxed Mind Calm your mind by relaxing your muscles. Try this quick relaxation technique to reduce stress and anxiety.</p>
<p>May 22</p>  <p>Listen: Give a Little Love – Nurturing Existing Relationships Learn how to practice mindful eating to improve your relationship with food.</p>	<p>May 23</p> 	<p>May 24</p>  <p>Read: Building Your Self-Confidence Muscle Understanding the path to building confidence through self-compassion.</p>	<p>May 25</p> 	<p>May 26</p>  <p>Idea: Create Positive Experiences Try some of these activities to combat the negativity with some positive experiences.</p>
<p>May 29</p>  <p>Activity: Guided Productivity Meditation Focus on your intention to get something done.</p>	<p>May 30</p> 	<p>May 31</p>  <p>Journal Prompt: Three Big Things Take a moment to reflect on three things you learned focusing on your mental health this month.</p>	<p>Jun 01</p> 	<p>Jun 02</p> 

Your mental health journey is important no matter what time of year it is.

Prioritize your self-care with Ginger. Whether you're feeling good, struggling, or anywhere in between, Ginger is here to provide on-demand, confidential mental healthcare for you and your loved ones 24/7 and all from the privacy of your smartphone.

To get started with Ginger today:

1. Download the Ginger Emotional Support app.
2. In the app, tap "Create account" then "My Organization."
3. Follow the instructions on your screen and you're all set.