



# MENTAL HEALTH AWARENESS MONTH 2026

## Be Kind To Your Mind

**IT DOESN'T ALWAYS LOOK THE WAY PEOPLE THINK IT SHOULD.**

Being kind to your mind isn't about staying positive.

It's not about pushing through.

The more we push things away, the louder they tend to get.

**IT'S ABOUT ALLOWING WHAT'S ACTUALLY THERE.**

## Let's Be Real

**FROM "STAY STRONG" TO "STAY HONEST"**

We tell people to "stay strong"—especially in grief. Especially in suicide grief.

But strength can become a mask.

What if support looked like honesty instead? What if it looked like being real?

**REACHING OUT IS PART OF TAKING CARE OF YOURSELF.**

## When hard days hit...

**YOU DON'T HAVE TO FIX EVERYTHING**

When hard days hit, even small things help.

Ground your body. Step away from constant input. Protect your sleep.

Release stress. Build simple habits. Stay connected.

**START SMALL. KEEP ON GOING.**

## 1. Sensory Grounding

**GET OUT OF YOUR HEAD & INTO YOUR SENSES.**

When your mind spirals, don't argue with it—ground your body.

Try this:

- 5 things you can see
- 3 you can hear
- 4 you can feel
- 2 you can smell

**CALM STARTS IN YOUR BODY, NOT YOUR THOUGHTS.**

## 2. Movement Snacks

**YOUR BODY SHIFTS FASTER THAN YOUR THOUGHTS.**

**MOVEMENT ISN'T JUST PHYSICAL—IT'S EMOTIONAL REGULATION.**

You don't need a full workout to feel better.

You need: • 5 minutes of movement  
• a quick walk • a stretch break

## 3. Sleep Protection

**BETTER SLEEP = BETTER MENTAL HEALTH**

Try this for a full week:

- no screens 30 mins before bed
- dim the lights
- consistent sleep time

**YOU CAN'T OUT-HUSTLE BAD SLEEP.**



## 4. Somatic Release

### YOUR BODY HOLDS WHAT YOUR MIND IGNORES

Stress doesn't just live in your mind—it lives in your body.

Try this:

- shake out your arms
- stretch
- take deep breaths

It might feel weird...  
but your nervous system understands it.

**RELEASE INSTEAD OF SUPPRESS**

## 5. Micro-Habits

### SMALL IS BETTER THAN PERFECT

You don't need a life overhaul.

You need small, repeatable actions:

- 2 minutes of focused breathing
- 5 minutes of journaling
- write down 3 things you're grateful for
- change your environment for a moment

**TINY ACTIONS BUILD REAL CHANGE.**

## 6. Connection is Care

### YOU'RE NOT MEANT TO DO LIFE ALONE

Self-care isn't always solo.

Sometimes it looks like:

- calling a friend
- sitting with someone
- sharing how you actually feel

**CONNECTION IS MEDICINE**

## 7. Digital Detox

### YOUR BRAIN ISN'T BUILT FOR ENDLESS SCROLLING.

If your brain feels fried... it might not be you.

It might be:

- constant scrolling
- rapid content switching
- zero mental rest

**Try a reset:**

- > 30 mins no phone
- > read, walk, or just sit

**YOUR BURNOUT MIGHT BE DIGITAL, NOT PERSONAL.**

See more helpful resources here



**You don't have to do everything.  
You just have to do something.**