

#MeMinutes

Take a few #MeMinutes each day to do something that offers you a healthy break. It can be a walk, listening to a podcast, yoga, connecting with a friend, a few minutes of fresh air, or another activity to promote self-care and wellness.

Track your daily #MeMinutes numbers and collect your totals for the month of May as we join together to support Mental Health Month. Take time for your own well-being and care. Help yourself. Help others.



MAY 2020						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Total Hours					