May 2022
MENTAL HEALTH MONTH

SUNDAY
- View May's Challenge
- Healing through humor

MONDAY
- Find Your Words
- National Children's Mental Health Day

TUESDAY
- National 2 different colored shoes day!
- 10 warning signs

WEDNESDAY
- Calm: Ease anxiety
- COVID-19 Emotional Wellbeing and Your Workforce 10-11am PT

THURSDAY
- World Maternal Mental Health Day

FRIDAY
- Space Day! Before going to bed, go outside & find your lucky star!

SATURDAY
- Mental health conditions

MONDAY
- Everyday Practices to Improve Your Wellbeing 12-1pm PT
- Action for Happiness

TUESDAY
- Meal Planning From the Pantry
- Healthy relationships

WEDNESDAY
- Signs, Symptoms, and Support 12-1pm PT
- Guided meditations

THURSDAY
- Health Talk: Women's Health 12:30-1:30pm PT

FRIDAY
- Accessing Mental Health Care at Kaiser Permanente

SATURDAY
- Practice self-care

Send us a picture of you participating in any of this month’s activities for a chance to win a prize and be featured on next month’s calendar.

Send your name, agency, and photo to:
kpnecalcalpers@KaiserPermanente.onmicrosoft.com

Live webinars*:
5/11, 5/12, 5/25, 5/26
*Requires registration

NEW

MONDAY
- Mental Health Month
- Guided meditations

TUESDAY
- Learning to Love
- World Mental Health Day

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