



# CARES CARD: CELEBRATING MENTAL HEALTH AWARENESS

Did you know more than 50 million Americans struggle with mental illnesses. In California alone, 30% of Americans have a mental illness. As we celebrate Mental Health Awareness the month of May – we want to acknowledge May 18th as Mental Health Action Day. Get involved with our local community, reflect on mental illnesses in our community and support organizations working to advocate for community members with mental illnesses by completing actions on our CARES CARD.

INSTRUCTIONS: Play just like BINGO. Access helpful links for completing opportunities by clicking on the box. Take a selfie or a screenshot completing an activity and post to your social channels. Remember to tag Life Science Cares Bay Area and use the hashtag #LSCbayarea. Want to make this even more fun? Turn it into a competition & see who can achieve the most "CARES!"

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Practice Gratitude: Write down 5 things you are thankful for each day this week

Learn how language can reduce stigma against mental health

Learn how to become a volunteer with Mental Health Association of San Mateo

Take a short walk to reduce stress and increase alertness

Complete deep breathing exercises to take care of yourself

Set goals for yourself this month!

Check-in on a loved one's mental health and see how they are doing


Do a 5-min meditation to center yourself

Stay off social media for a day.

Give a hug to a loved one

Offer help to a friend, family member, or neighbor

Spend time with a pet!

  
FREE SPACE

Conduct an act of kindness to a stranger

Stretch for 6 mins to increase serotonin levels

Reach out for Mental Health support

Practice mindfulness by decluttering your space

Be Nice to Yourself! Write a compliment to yourself everyday during the month of May

Mediate or sit quietly for 15 minutes

Go Solo! Go on a date with yourself!

Create a comfortable personal space for yourself

Start writing in a journal or notebook

Tell a stranger they are enough!

Eat a healthy meal of fruits and vegetables to promote a healthy attitude

Learn how to create self-care kits for a local nonprofit

