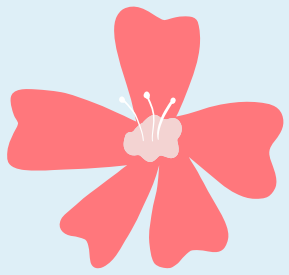


TENDING TO MY FLOWERS

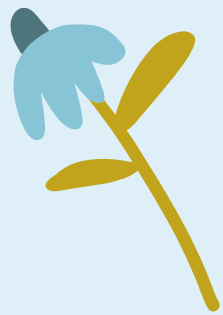
20 DAYS OF CARING FOR MENTAL WELL-BEING AS ADVOCATES

MAY 6



LOOK INTO GROUNDING TECHNIQUES AND PICK ONE TO PRACTICE

MAY 7



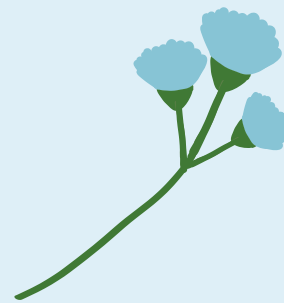
UPDATE YOUR COMFORT MUSIC PLAYLIST

MAY 8



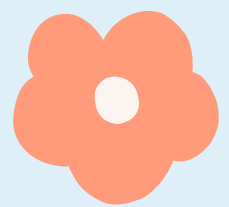
SET A NEW BOUNDARY IN YOUR ADVOCACY

MAY 9



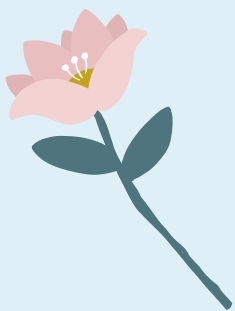
LOOK INTO A NEW HOBBY OR REVISIT AN OLD ONE

MAY 10



SEND A DONATION TO OR JOIN THE NEWSLETTER OF A RELIEF ORGANIZATION

MAY 13



REVISIT AND REFLECT ON YOUR CORE VALUES

MAY 14



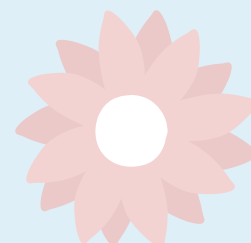
MOVE YOUR BODY IN A WAY THAT FEELS GOOD TO YOU

MAY 15



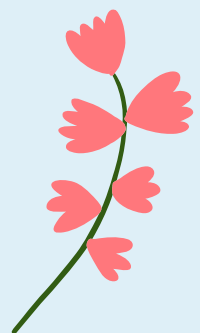
WRITE DOWN 3 HOPEFUL QUOTES RELATED TO A CAUSE YOU CARE ABOUT AND KEEP THEM VISIBLE

MAY 16



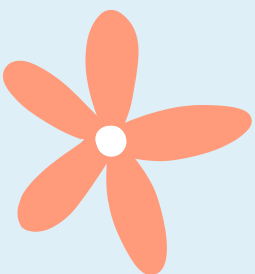
TAKE A SOCIAL MEDIA BREAK

MAY 17



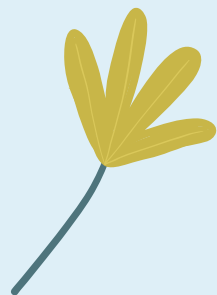
LEAN INTO A SPIRITUAL OR MEDITATIVE PRACTICE

MAY 20



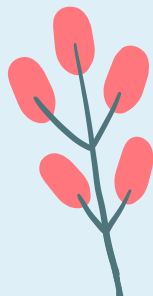
DISCOVER AND CELEBRATE GOOD NEWS IN YOUR LANE OF ADVOCACY

MAY 21



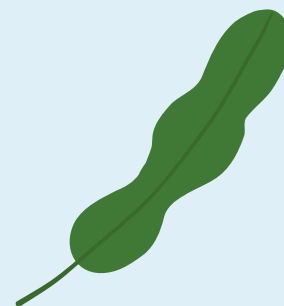
SPEND SOME TIME OUTDOORS

MAY 22



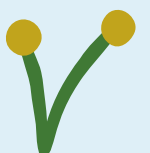
IDENTIFY YOUR "EXIT BUDDY" OR CORE COMMUNITY

MAY 23



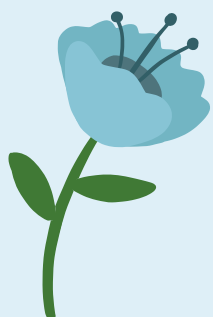
WRITE DOWN 5 THINGS THAT YOU APPRECIATE ABOUT YOURSELF

MAY 24



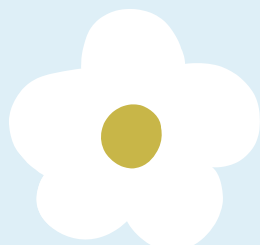
GET INSPIRED BY WATCHING A TED TALK ABOUT ACTIVISM OR A SPECIFIC CAUSE

MAY 27



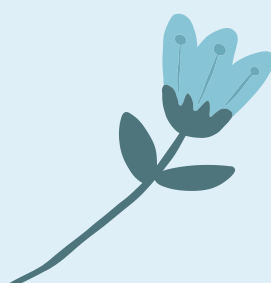
SELECT OR CREATE A SAFE SPACE

MAY 28



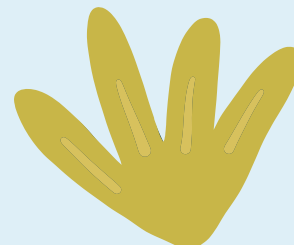
WRITE DOWN 5 THINGS THAT BRING YOU TRUE JOY

MAY 29



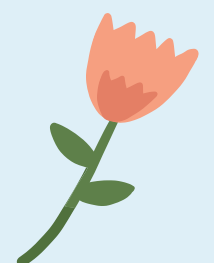
FIND A PETITION RELATED TO A CAUSE YOU CARE ABOUT AND SIGN IT

MAY 30



ASSEMBLE A MENTAL WELLNESS TOOLKIT

MAY 31



FIND AFFIRMATIONS TO ENCOURAGE YOU AND REPEAT THEM DAILY