

MAY

Mental Health NERD Awareness

May is Mental Health Awareness Month!
What better way to celebrate than with nerdy ways
to practice mental wellness?

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | 1 Rest Be Deadpool—find a quiet spot & draw a fun or silly picture | 2 Mindfulness Check out this week's Bat Therapy Podcast episode for the mindful nerd moment! | 3 Support Be Marc Spector—don't go it alone as Moon Knight, talk to your Layla & Steven | 4 Inspiration "The night is darkest just before the dawn. And I promise you, the dawn is coming." <i>Harvey Dent, Dark Knight</i> | 5 Appreciation Be Marty McFly—tell someone about a fun past (or future) adventure you've had | 6 Mindfulness Be Poison Ivy—find a plant and notice how it looks, feels, and smells |
| 7 Movement Be The Flash—clear your head by going for a run (walk/roll works too!) | 8 Rest Be Captain Picard—take time to enjoy your "tea, Earl Grey, hot" | 9 Mindfulness Check out this week's Bat Therapy Podcast episode for the mindful nerd moment! | 10 Support Imagine Grogu smiling up at you and giving you a hug | 11 Inspiration "Even the smallest person can change the course of the future." <i>Galadriel, LOTR</i> | 12 Appreciation Be Wonder Woman—listen to your battle music & think about what makes you strong | 13 Mindfulness Be Hulk/She-Hulk—accept you are "always angry" so the feeling doesn't overwhelm you |
| 14 Movement Be Spider-Man/Spider-Woman/Silk—find a place to swing or hang from | 15 Rest Be a Stark—pet your direwolf (cat/dog will do if the direwolf can't be tamed) | 16 Mindfulness Check out this week's Bat Therapy Podcast episode for the mindful nerd moment! | 17 Support Tell Spock a worry you get carried away with & picture him saying it is "highly illogical." | 18 Inspiration "Why do we fall? So we can learn to pick ourselves up." <i>Alfred, Batman Begins</i> | 19 Appreciation Be an X-Men—accept a compliment from Professor X about something you did well | 20 Mindfulness Be Shang-Chi/Ying Li—take a deep breath & sense the swirling, mythical wind |
| 21 Movement Be Worf—Riker says that you need to relax, so you practice your bat'leth fighting skills | 22 Rest Be a hobbit in The Shire—stand in a field, feeling the grass between your toes | 23 Mindfulness Check out this week's Bat Therapy Podcast episode for the mindful nerd moment! | 24 Support Be Alfred—reach out to a Bruce Wayne in your life (OR let the Alfred in your life help you!) | 25 Inspiration Be a Mandalorian—when you struggle and need confidence, think, "This is the way." | 26 Appreciation Be Miles Morales—step back and enjoy one of your finished graffiti creations | 27 Mindfulness Be Green Lantern—create an object & try to focus on the object for 1 minute |
| 28 Movement Be Harley Quinn—get silly and do a cartwheel, backbend, or dance | 29 Rest Be Han Solo—head to your favorite Tatooine cantina/restaurant & treat yourself | 30 Mindfulness Check out this week's Bat Therapy Podcast episode for the mindful nerd moment! | 31 Support Be Captain Janeway—ask the First Officer Chakotay in your life for some advice | | | |

This is NOT a replacement for mental health services. Go to www.bat-therapy.com for resources.

