

May

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Reflect on your personal beliefs and attitudes towards sexuality and mental health. Write down any thoughts or emotions that come up.	2 Practice mindfulness for 10 minutes. Focus on your breath and observe any sensations or thoughts without judgement.	3 Watch a TED Talk or read an article about the intersection of sexuality and mental health. Take notes on key points and reflections.	4 Write in a journal about positive sexual experiences you've had and how it made you feel mentally and emotionally.
5 Engage in a creative activity related to sexuality, such as drawing, painting, or writing poetry.	6 Take a nature walk or spend time outdoors to boost your mood and connect with your body.	7 Set an intention for the month ahead related to improving your mental health and sexual well-being.	8 Have a heart-to-heart conversation with a trusted friend or partner about your mental health and sexual concerns. Practice active listening and empathy.	9 Cook a romantic dinner together with your partner or a friend. Use the time to bond and share your thoughts and feelings openly.	10 Attend a virtual workshop or seminar on communication skills in relationships. Take notes on strategies you can implement in your own life.	11 Write a letter to yourself expressing love and acceptance for your body and sexuality. Read it aloud or keep it as a reminder of self-compassion.
12 Schedule a therapy session or counseling appointment to discuss any mental health issues or relationship concerns you may have.	13 Practice non-sexual touch with a loved one, such as hugging, holding hands, or giving a massage. Notice how it makes you feel emotionally.	14 Plan a fun and adventurous date with yourself or a partner. Focus on enjoying the moment and being present together.	15 Research online resources and support groups for individuals dealing with mental health issues related to sexuality. Join a community or forum for peer support.	16 Schedule a consultation with a sex therapist or mental health counselor to discuss your specific concerns and goals.	17 Read a book or listen to a podcast about sexual health and mental well-being. Take notes on insights or strategies you find helpful.	18 Attend a virtual support group meeting or webinar focused on mental health awareness and sexual empowerment.
19 Practice deep breathing exercises or progressive muscle relaxation to reduce stress and anxiety. Notice how it affects your mood and sexual desire.	20 Create a self-care toolkit with items that help you relax and destress, such as scented candles, bath bombs, or soothing music playlists.	21 Reach out to a friend or family member for emotional support. Share your thoughts and feelings openly and ask for help if needed.	22 Educate yourself about sexual rights and advocacy initiatives in your community or globally. Share what you've learned on social media.	23 Volunteer your time or donate to organizations that promote mental health awareness and sexual rights.	24 Write a letter to your local representative advocating for improved access to mental health services and comprehensive sexual education.	25 Participate in a virtual event or webinar on sexual diversity and inclusion. Take notes on ways to be a better ally to marginalized communities.
26 Start a gratitude journal and write down three things you're grateful for each day. Notice how focusing on positivity affects your mental well-being.	27 Practice assertiveness skills by setting boundaries and expressing your needs in a respectful manner. Notice how it empowers you in your relationships.	28 Host a virtual mental health and sexuality awareness event with friends or colleagues. Share resources, personal experiences, and support each other in a safe space.	29 Take a digital detox day. Disconnect from social media and electronic devices to focus on self-care and mindfulness activities.	30 Write a Letter to your future self reflecting on your growth and goals in terms of mental health sexuality. Seal it and save it to read next year.	31 Reflect on your journey throughout the month and celebrate your progress towards greater mental health and sexual empowerment.	

TO DO LIST:

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