

APRIL

2023 MENTAL HEALTH

A W A R E N E S S



#StressAwarenessMonth

SUN

MON

TUE

WED

THU

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SAT



Daily Affirmations:

I am capable of achieving great things.

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Mental Health Tip:
Repeat "I'm confident & strong" 10 times.

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World Health Day

8



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10



11

Self-care:
Look at the mirror & smile. Smiles are contagious.

12



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14

Day of Silence

15



16

Mental Health Tip:
Set small goals & celebrate your accomplishment.

17



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19

Stress Awareness Day

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21



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Daily Affirmations:

I can overcome any obstacle in my path

26

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29

Self-care:
Go For a 10-15-Min Walk

30

30

Second Mental Health Checkup



Depressed? Anxious?
We Can Help!

Schedule a Free Consultation

www.abetterwaytms.com

714-716-2900