




# May 2022

CBIZ

## Self-Care Inspiration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MAY DAY</b></p> <p>Surprise someone with a <a href="#">May Basket</a></p> <p>01</p>	<p><b>NATIONAL MELANOMA DAY</b></p> <p>Schedule your <a href="#">Skin Cancer Screening</a></p> <p>02</p>	<p><b>MENTAL HEALTH AWARENESS MONTH</b></p> <p>What's in your toolkit?</p> <p>03</p>	 <p><a href="#">May the Fourth be with you!</a></p> <p>04</p>	<p><b>CINCO DE MAYO</b></p> <p><a href="#">10 Fun Cinco de Mayo Facts</a></p> <p>05</p>	<p>Send a creative "thank you" to a teacher in your life</p>  <p>06</p>	<p>Visit a yard sale</p>  <p>07</p>
<p>Practice going with the flow</p> <p>08</p>	<p>Try a <a href="#">breathing technique</a> to conquer stress</p> <p>09</p>	<p><a href="#">Work while you walk</a></p>  <p>10</p>	<p>Make up a Summer Bucket List</p>  <p>11</p>	<p><a href="#">Prevent back pain with good posture</a></p> <p>12</p>	<p>Visit your favorite coffee shop</p>  <p>13</p>	<p>Relax your body &amp; mind with yoga, tai chi or meditation</p> <p>14</p>
<p><b>NATIONAL FAMILY DAY</b></p> <p>Call or visit with a family member - NO texting!</p> <p>15</p>	<p>Share photos of 3 things you find meaningful or memorable</p> <p>16</p>	<p>Cook something that is out of your culinary comfort zone <a href="#">using ingredients on hand</a></p> <p>17</p>	<p>Spend some quality playtime with your pet or shelter animal</p> <p>18</p>	<p><a href="#">Listen to a meditation before bedtime</a></p>  <p>19</p>	<p><b>NATIONAL BIKE TO WORK/SCHOOL DAY</b></p> <p><a href="#">Tips for your first bike commute</a></p> <p>20</p>	<p><a href="#">Find a Bicycle Friendly community near you</a></p> <p>21</p>
 <p>Explore what <a href="#">produce is in season</a> right now</p> <p>22</p>	<p>Take a step towards an important goal, however small</p> <p>23</p>	<p>Ease eye strain by sitting at arm's length from the computer screen</p>  <p>24</p>	<p>Listen to a favorite piece of music and remember what it means to you</p> <p>25</p>	<p>Prepare your lunch for tomorrow using <a href="#">these ideas</a></p>  <p>26</p>	 <p>Practice <a href="#">Sun Safety</a> everyday!</p> <p>27</p>	<p><a href="#">Get caught reading</a> at least 25 pages of your book today</p> <p>28</p>
<p>Schedule meetings &amp; projects during your most productive times of the day</p> <p>29</p>	<p><b>MEMORIAL DAY</b></p>  <p>30</p>	<p>Focus on how your actions make a difference for others</p> <p>31</p>		<p>Click on the links for the resources to get started</p>	<p>For more inspiration, check out our <a href="#">Wellbeing Insights e-magazine</a></p>	