2027

# May

## A Month of Calm

One small way to slow down

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | 1 Take five slow breaths, longer on the way out | 2 Drop your shoulders and unclench your jaw three times today |
| 3 Stretch your neck gently for one minute | 4 Lie down and relax your body from toes to head | 5 Drink a warm cup of tea without doing anything else | 6 Look at the sky for two minutes | 7 Take a ten-minute walk without your phone | 8 Put on calm music and close your eyes for five minutes | 9 Wash your hands slowly and feel the water |
| 10 Write down what is on your mind, then close the page | 11 Take a warm shower or foot soak tonight | 12 Stretch your back and hips for five minutes | 13 Name 5 things you see, 4 you touch, 3 you hear | 14 Turn off screens thirty minutes before bed | 15 Rest your eyes by looking at something far away | 16 Hum or sing quietly for one minute |
| 17 Tidy one small spot, then sit and enjoy it | 18 Do nothing for ten minutes, on purpose | 19 Water a plant or look at something green | 20 Massage your hands for two minutes | 21 Breathe in for four counts and out for six counts, five times | 22 Light a candle or dim the lights this evening | 23 Take a slow walk and match your steps to your breath |
| 24 Say one kind thing to yourself | 25 Open a window and breathe fresh air | 26 Wrap yourself in a blanket and rest for ten minutes | 27 Eat one meal slowly and chew well | 28 Stretch your arms overhead and take a big yawn | 29 Write down three things you can let go of today | 30 Plan a quiet hour for yourself this week |
| 31 **Memorial Day** | | | | | | |