

MAY: HEALTHY RELATIONSHIPS WITH YOURSELF AND OTHERS

WWW.TEENHELP.ORG



	MENTAL HEALTH AWARENESS MONTH	TEEN SELF ESTEEM MONTH	1	2	3 SET HEALTHY BOUNDARIES	4
5 TALK TO EACH OTHER	6	7 WORLD LAUGHTER DAY	8 HA HA	9 TAKE CARE OF YOURSELF	10	11 COMMUNICATE OPENLY AND HONESTLY
12	13 ALWAYS BE YOURSELF	14	15 BALANCE GIVING AND TAKING	16	17 SPEND QUALITY TIME TOGETHER	18
19 CELEBRATE YOUR WINS	20 ★	21 TALK AND LISTEN	22	23 DO SOMETHING NICE FOR YOURSELF	24	25 KEEP EXPECTATIONS REALISTIC
26	27 USE CLEAR AND SPECIFIC LANGUAGE	28	29 LAUGH TOGETHER EVERY DAY	30	31 TRY SOMETHING NEW TOGETHER	