

‘Meaningful May’ is a month designed to focus on what matters most, fostering connections, purpose, and reflection to support our wellbeing. Engaging in activities that align with your values can help cultivate a more positive, resilient mindset.

Below are some ideas that may support your wellbeing:

**Kindness and Connection:**

- Do something kind for someone you care about, tell someone what they mean to you, and send a photo to a friend of a shared memory.
- Share a Memory by sending a friend a photo from a time you enjoyed together.
- Express Appreciation by telling someone exactly what they mean to you and why they are valued.
- Set a goal to perform one kind act today, such as helping a neighbour or sending a hand-written note.
- Find a way to help a local project or charity you care about.

**Reflection and Purpose:**

- List what matters most to you and why, reflect on what makes you feel valued, and take a small step toward a meaningful goal.
- Identify Your Values and list what matters most to you and find one way to use those values today.
- Set Micro-Goals by taking one small step toward an important personal goal, no matter how minor it seems.
- Recall an event in your life that was truly meaningful and reflect on why it felt that way.
- List three things you are proud of or three reasons to be hopeful about the future

**Mindfulness and Nature:**

- Look up at the sky and feel connected to something bigger, spend time outside, and listen to music while truly focusing on it.
- Notice Nature by spending time outside specifically to notice signs of beauty, like the sky, flowers, or birds.
- Practice 'Awe' by looking around for things that bring a sense of wonder or simply look up at the sky to remember our place in the universe.

- Complete mindful listening by listening to a favourite piece of music and focus entirely on what it means to you

### Simple Kindness Missions:

- **The Surprise Note:** Leave a sticky note with a positive message ("You're doing great!") on a colleague's desk, a neighbour's door, or inside a library book.
- **The "Five-Minute" Favour:** Reach out to someone in your network and offer a quick bit of help—like an introduction, a technical tip, or a recommendation.
- **Community Clean-up:** Spend just 10 minutes picking up litter in your local park or street to show kindness to your environment and neighbours.

### Connection Missions:

- **The "Just Thinking of You" Text:** Send a message to someone you haven't spoken to in a while, mentioning a specific reason why you appreciate them.
- **Pay it Forward:** If you're grabbing a coffee, pay for the person behind you, or simply leave your change in a charity box.
- **Active Listening:** Make it your mission to truly listen to one person today without interrupting or checking your phone.

### Self-Kindness (Because it counts!):

- **The "No-Pressure" Hour:** Dedicate one hour this evening to doing something purely for joy—no chores, no emails, just something that makes you smile.

### Deepening your wellbeing in May can be achieved through structured physical goals and creative outlets:



| Day    | Physical Challenge   | Creative Mindfulness   |
|--------|--|--|
| Monday | <b>10,000 Step Goal:</b> Start the week strong by hitting a full step count. | <b>5-Minute Brain Dump:</b> Write down every thought on your mind to clear mental space. |

|                  |  |   |
|------------------|--|---|
| <b>Tuesday</b>   | <b>Lunchtime Power Walk:</b> A 20-minute brisk walk to break up the workday.             | <b>Mindful Doodling:</b> Spend 10 minutes drawing simple patterns or "Zentangles."                  |
| <b>Wednesday</b> | <b>Desk Yoga:</b> Focus on neck, shoulder, and wrist stretches between tasks.            | <b>Nature Photography:</b> Go outside and photograph 3 interesting textures (bark, leaves, stones). |
| <b>Thursday</b>  | <b>Core Strength:</b> Perform 3x 30-second planks to build stability.                    | <b>Gratitude Journaling:</b> Write down 3 small wins from your day, no matter how minor.            |
| <b>Friday</b>    | <b>Active Commute:</b> Park further away or get off the bus early to add extra movement. | <b>Tactile Hobby:</b> Engage in something hands-on like cooking a new recipe or working with clay.  |
| <b>Saturday</b>  | <b>Local Exploration:</b> Visit a new park or trail for a longer, scenic hike.           | <b>Visual Expression:</b> Try sketching a view from your window or playing with watercolours.       |
| <b>Sunday</b>    | <b>Restorative Stretch:</b> 15 minutes of slow, deep stretching to recover.              | <b>Weekly Intention:</b> Reflect on the week and set one meaningful goal for the next.              |

**Meaningful May 2026**

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|--|---|--|--|---|--|---|
| <br>4 Send your friend a photo from a time you enjoyed together | <br>5 Let someone know how much they mean to you and why | <br>6 Look for people doing good and reasons to be cheerful | <br>7 Make a list of what matters most to you and why | 1 Do something kind for someone you really care about     | 2 Focus on what you can do rather than what you can't do               | 3 Take a step towards an important goal, however small        |
| 11 Look around for things that bring you a sense of awe and wonder   | 12 Listen to a favourite piece of music and remember what it means to you   | 13 Find out about the values or traditions of another culture  | 14 Get outside and notice the beauty in nature   | 8 Set yourself a kindness mission to help others today    | 9 What values are important to you? Find ways to use them today        | 10 Be grateful for the little things, even in difficult times |
| 18 Send a handwritten note to someone you care about   | 19 Reflect on what makes you feel valued and purposeful   | 20 Share photos of 3 things you find meaningful or memorable   | 21 Look up at the sky. Remember we are all part of something bigger  | 15 Do something to contribute to your local community     | 16 Show your gratitude to people who are helping to make things better | 17 Find a way to make what you do today meaningful            |
| 25 Ask someone else what matters most to them and why  | 26 Remember an event in your life that was really meaningful  | 27 Focus on how your actions make a difference for others  | 28 Do something special and revisit it in your memory tonight  | 22 Find a way to help a project or charity you care about | 23 Recall three things you've done that you are proud of               | 24 Make choices that have a positive impact for others today  |
|  |   |  |  | 29 Today do something to care for the natural world       | 30 Share a quote you find inspiring to give others a boost             | 31 Find three reasons to be hopeful about the future          |

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**




