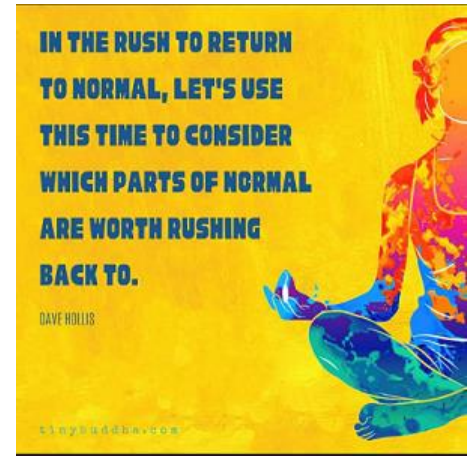




# May – Aggie Wellness Calendar

# 2020

## May is National Mental Health Awareness Month



cuSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Counseling & Psychological Services (CAPS) <a href="#">website</a>	Connect with CAPS on Social Media! @tamu_caps	Instagram Facebook Twitter			10 ways students <a href="#">w/ADHD can succeed in online courses</a>	The Show Must Go On – free <a href="#">Broadway musicals!</a>
3	4	5	6	7	8	9
<a href="#">Keep Learning!</a> <b>Whoop!!</b> <a href="#">Keep Teaching!</a>	Looking for tips for <a href="#">success in online classes?</a> *May the Fourth be With You	Mental health <a href="#">amid the pandemic</a> 	Looking for at-home workouts? <a href="#">Check out the TAMU Rec cntr</a>	Grieving the Loss of <a href="#">Graduation</a> 	Maintaining mental health <a href="#">during the pandemic</a>	*Practice Self-Care * <a href="#">CDC suggestions for visiting parks</a>
10	11	12	13	14	15	16
CAPS virtual Understanding Worthiness <a href="#">workshop, now available!</a>	Looking for a Meditation Monday break? <a href="#">Check out Flourish.tamu</a>	Shift your perspective, <a href="#">explore what might become your top TED Talk</a>	What students can expect when <a href="#">utilizing CAPS services</a> *CAPS is available for consultations	*the <b>12<sup>th</sup> Can food pantry is open</b> *Hunger & Health Awareness	Have you thought about trying YOGA - <a href="#">for free?!</a> <a href="#">Try this app.</a>	Free guide to living with worry & anxiety <a href="#">amidst global uncertainty</a>
17	18	19	20	21	27	23
Looking for On Demand help for stress? <a href="#">Try Sanvello for free!</a>	Taking care of your <a href="#">mental health video</a>	Struggling with Anxiety -check out <a href="#">CAPS - Anxiety toolkit</a>	Explore 'Quarantine Bragging' <a href="#">Reframe the Shame</a>	6 ways to find balance & connection <a href="#">w/Zoom meetings</a>	Explore nature, <a href="#">calm and Zen Den with virtual LiveCam</a>	Explore a video series of live <a href="#">concerts hosted by NPR Music</a>
24	25	26		28	29	30
Are you a Perfectionist or struggle managing emotions? Try a <a href="#">CAPS workshop</a>	*Shelter in place <a href="#">does not feel the same for everyone</a> * <a href="#">Trevor Project</a>	<b>HELPLINE</b> is open for calls 4 pm - 8 am weekdays, 24 hrs on weekends <a href="#">979-845-2700</a>	Take a look at how relationships <a href="#">can be impacted during a pandemic</a>	Relax & Explore <a href="#">Art, Music and creativity</a>	Understand <a href="#">Xenophobia &amp; Racism Around the Coronavirus</a>	Need a break? Take a virtual <a href="#">tour of a national park</a>
31	<p><a href="#">Guide to Building Better Mental Health!</a></p> <p><b>Thank you for all the hard work and dedication you have invested into this semester!</b></p> <p><b>You did it!! WHOOP!!</b></p>					
Practice Random <a href="#">Acts of kindness daily.</a>						