



MAY CALENDAR

# Building a Mental Fitness Routine

**BetterUp**

At BetterUp® we believe that everyone can build a proactive practice that ignites well-being, performance, and growth — what we call Mental Fitness. This is about getting a little bit better every. single. day. It doesn't require a significant time commitment to get started. And it doesn't look the same for every person.

**Mental Fitness is the dynamic, personal pursuit to unlock your potential, craft a vision for a healthier you, and discover your passion and purpose.**

# Flex your mind

Start your monthly Mental Fitness practice by assuming a posture of growth and openness.

# 01

S	M	T	W	T	F	S
1	2	3	4	5	6	7
<p>What is <b>Mental Fitness</b> anyway?</p> <p>Start this month with a solid definition of what it means to perform at your best.</p>	<p>Now that you know both your body and mind deserve to thrive, let's discuss how to get there. Learn how to <b>exercise your brain</b>.</p>	<p>Put Mental Fitness into practice.</p> <p>Start with some <b>mindfulness</b> (and no, this doesn't have to mean sitting still for an hour or more).</p>	<p>Mid-week is the perfect time to reflect on your mind-body connection.</p> <p>Taking care of your basic <b>exercise</b>, <b>nutrition</b>, and sleep needs is core to feeling emotionally and mentally healthy. Nourish yourself today.</p>	<p>Mental health doesn't simply mean the absence of mental illness.</p> <p>Expand your definition of mental health and learn how to <b>combat languishing</b> (the opposite of flourishing). You deserve to do more than just get through the day.</p>	<p>How are you feeling?</p> <p>Check in, right now. If that question strikes a note of discomfort in you, ask why ... and then set aside time to discover more about what <b>emotional health</b> is, and its importance to your well-being.</p>	<p>Sit. Take stock. Saturate yourself in the sentiments of the past few days. What's coming up for you?</p> <p>Record your thoughts in a journal, over conversation with a trusted friend, and breathe. You have stretched your mind and you are better for it.</p>

# Speak your mind

# 02

Find the words to embrace your Mental Fitness journey.

S	M	T	W	T	F	S
8	9	10	11	12	13	14
<p>You've made it to another week — that feels like something worth celebrating!</p> <p>Noting the wins you experience helps increase optimism and motivation. How comfortable are you with a <a href="#">posture of thankfulness?</a></p> <p>Take a deeper dive.</p>	<p>Let's get <a href="#">grateful</a>. Why not start a gratitude practice for the week?</p> <p>Whether that's a journal, meditative moment, or personal interaction, discover thoughtful ways to say thank you.</p>	<p>Sometimes being grateful for what we have can mean knowing what we want.</p> <p>If you've found yourself struggling to name what you want (or Googling how to find out), we have the perfect <a href="#">resource for you</a>.</p>	<p>For most, this is the middle of the work week. Take an opportunity to think about whether you feel comfortable <a href="#">naming your mental health needs</a> in the workplace.</p> <p>Not sure where to start? We've got you.</p>	<p>Once you've identified your needs, get comfortable sharing them. When we attempt to silence ourselves, we do ourselves no favors.</p> <p>Take a moment to list some of your professional accomplishments and <a href="#">get comfortable sharing</a> them so you're ready to ace that review.</p>	<p>How comfortable are you with <a href="#">saying "no"?</a></p> <p>Setting healthy boundaries and vocalizing what we need is key to protecting our sense of well-being. Learn about how, when, and why boundaries are important.</p>	<p>You're nearly two weeks in, and now that you've had some practice speaking up for yourself, now you have the tools to <a href="#">reduce the stigma</a> around mental health for others, too. Because no one deserves to suffer in silence.</p>

# Support your mind

# 03

No matter who you are, you deserve consistent, thoughtful well-being support.

S	M	T	W	T	F	S
15	16	17	18	19	20	21
<p>As the weekend winds down, make a commitment to step into a new day ready to support both yourself and the communities you're a part of.</p> <p>We cannot pour from an empty cup, so prep yourself with some tools for <a href="#">Inner Work®</a>. Wondering what that is? Let's dive in.</p>	<p>We are often at our best with the support of others, but we're not all hard-wired to know when and how to seek the help we need. Enter <a href="#">coaching</a>: your Mental Fitness superpower.</p>	<p>Is your candle still aflame? Take a moment to assess whether you're experiencing <a href="#">burnout</a> (which can happen at work and in other spheres of our lives, by the way).</p> <p>Don't underestimate burnout — know the signs.</p>	<p>Happiness is often contagious and support for our coworkers is no different. Consider doing your part to <a href="#">advocate for a healthy employee environment</a> with these tips you and your team can benefit from.</p> <p>Sharing is caring — why not post this link on social?</p>	<p>Those in underrepresented groups (both in the workplace and outside of it) struggle with <a href="#">access to therapy</a>, and even if available, may not feel comfortable requesting it.</p> <p>Arm yourself with ways to engage peers who may need an ally this month.</p>	<p>Intersectionality in our <a href="#">identities</a> is a huge part of how we show up, how we experience the world around us, and how those experiences may affect our mental health needs.</p> <p>If you could use resources specific to the BIPOC or LGBTQIA experience, this is a great start.</p>	<p>"How are you doing?" When you're on the receiving end of that question, or are posing it to a person close to you, the reflex might be to answer, "fine." Are you, though?</p> <p>Take some time, show yourself and others some grace, and explore what to do if <a href="#">"fine" isn't enough</a>.</p>

# Keep yourself in mind

Be an advocate for yourself and others.

# 04

S	M	T	W	T	F	S
22	23	24	25	26	27	28
<p>The practice of looking inward has a name and it's called <b>self-management</b>. Take a "mirror moment" today (no, no actual mirror is required) to assess whether your behaviors, thoughts, and emotions are serving you in a conscious and productive way.</p>	<p>Ah, another Monday is here ... If that's enough to make you yawn, this next resource will be everything. All this talk about Mental Fitness can sometimes leave you a bit tired. This is totally normal. <b>Here's how to recharge.</b></p>	<p>It's right about Tuesday when you might start dreaming about a long weekend. We get it — we've been there. But just because your suitcase isn't packed doesn't mean you can't have a <b>vacation mindset!</b></p> <p>You can take that mental journey now.</p>	<p>It wouldn't be Mental Health Awareness Month without talk of <b>work-life balance</b>, right?</p> <p>Here's what that phrase really means (spoiler alert: it's not just about time).</p>	<p>When you set out to do something, how often does procrastination take over? Trust us, it happens to us all. The antidote?</p> <p>Finding value and meaning in what we do makes us, well, do it. Get down to business with these motivational tips.</p>	<p>You are learning how to be a mentally fit individual and it takes work. Don't forget to <b>connect</b> along the way — this journey need not be taken alone.</p>	<p>When was the last time you made intentional plans to <b>connect with others?</b></p> <p>It's imperative that humans carve out time to be with one another; our lives literally depend on it. Will you make some time to be social today?</p>

# Commit to Mental Fitness

You've already taken vital first steps — here are some resources for the journey ahead.

# 05

S	M	T
<b>29</b>	<b>30</b>	<b>31</b>
Follow the <a href="#">BetterUp Instagram</a> for Mental Fitness tips.	Set aside some time to stay on your Mental Fitness edge with these <a href="#">podcasts</a> .	<p>You've reached the end of the month and this is a perfect time to reflect.</p> <p>What learning(s) will you take forward?</p> <p>What goals will you set to ensure you can continue to flourish in your Mental Fitness journey? You are well on your way.</p>

Learn to scale  
growth-oriented  
Mental Fitness routines  
in your organization.

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