

May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 It's Mother Goose Day! Share your favorite nursery rhyme!	2 It's Brothers and Sisters Day! Shout out your siblings and show them some love!	3 Have you personally struggled or know someone who has struggled with mental illness? Share your story with others using the hashtag #mentalillnessfeelslike	4 It's Renewal Day! What energizes you? Take a picture of you doing something that makes you feel rejuvenated.	5 #NationalSigningDay – support Michelle Obama and post your college decision (past, present and future)	6 Perform a random act of kindness today. You never know what a simple good deed can do for someone.
7 Kick off National Teacher Appreciation Week with a photo of your favorite teacher and share why! Tag us and we'll send them a shout out	8 Help The National Alliance on Mental Illness support those who suffer from mental illness by signing their pledge: http://ow.ly/YOxo30b4j0D	9 Do/Did you have a teacher who truly inspired you? Honor them for National Teacher's Day!	10 Join us for #20ReasonsWhy Wednesday!	11 If you could eat any food for the rest of your life, what would it be? Let's talk about it for Eat What You Want Day!	12 Put pen to paper and write a funny poem for Limerick Day – Share it on Facebook!	13 Wear Green today in honor of honor of Mental Health Awareness Month.
14 Happy Mother's Day, moms! Post a picture with your mom to celebrate her today!	15 #MondayMotivation – Journal 10 things you're grateful for today.	16 Join Booked for Review for #B4RTalks with Sasha Alston!	17 Are you or someone you know struggling with mental illness? Take advantage of the free screening tools provided by Mental Health America: http://ow.ly/DJWk30b4jwu	18 Happy Visit Your Relatives Day! Take some time off of social media to spend some special time with your loved ones today!	19 Fun Friday – post a funny meme or video #Love2Laugh	20 It's Be a Millionaire Day! If you had a million dollars for a day, how would you spend it? Tell us about it on Twitter!
21 Show the world that you have #NoStigmas about mental health with a "positive selfie." http://ow.ly/4k5130b4kWP	22 #MusicMonday – Share a song that always makes you want to get up and dance!	23 It's Graduation Season – share a photo from a recent graduation ceremony or your graduation photo #Classof2017	24 Join us for #20ReasonsWhy Wednesday!	25 Take care of YOU Thursday! As we talk/share about mental illness make sure you are taking time for yourself. Post as #selfie!	26 Fitness Friday – Getting ready for the summer. Share what you do to stay fit, your favorite exercise, or something you want to try!	27 Happy International Jazz Day! Celebrate by telling us about your favorite jazz tune or musician!
28 Social Media Sunday – post your favorite quote on all your social media platforms and use #ITLCelebrates	29 It's Memorial Day! How are you celebrating? Share the festivities on Instagram!	30 Tell Me About It Tuesday – Tell us about your plans for the summer	31 It's World No Tobacco Day! How can we encourage others to quit smoking?	Make sure you use hashtag #ITLCelebrates so we can share, like, and celebrate YOU!		

IN THE LOOP
of success

