



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 Mental Fitness 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 exercise your brain.</p>	<p>Put Mental Fitness into practice.</p> <p>Start with some mindfulness (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 exercise, nutrition, 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 combat languishing (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 emotional health 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 posture of thankfulness?</p> <p>Take a deeper dive.</p>	<p>Let's get grateful. 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 resource for you.</p>	<p>For most, this is the middle of the work week. Take an opportunity to think about whether you feel comfortable naming your mental health needs 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 get comfortable sharing them so you're ready to ace that review.</p>	<p>How comfortable are you with saying "no"?</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 reduce the stigma 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 Inner Work®. 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 coaching: your Mental Fitness superpower.</p>	<p>Is your candle still aflame? Take a moment to assess whether you're experiencing burnout (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 advocate for a healthy employee environment 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 access to therapy, 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 identities 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 "fine" isn't enough.</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 self-management. 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. Here's how to recharge.</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 vacation mindset!</p> <p>You can take that mental journey now.</p>	<p>It wouldn't be Mental Health Awareness Month without talk of work-life balance, 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 connect along the way — this journey need not be taken alone.</p>	<p>When was the last time you made intentional plans to connect with others?</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
29	30	31
<p>Follow the BetterUp Instagram for Mental Fitness tips.</p>	<p>Set aside some time to stay on your Mental Fitness edge with these podcasts.</p>	<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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