



Musical Mindful May



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Mental Health Awareness Week

13



Share this calendar with others!

14



Create a wellbeing playlist of songs that bring you joy

15



Do some personal research on an interest, such as your favourite band or artist

16



Schedule some time out from your day to sit and enjoy some music

17



Try mindful music listening with our animated guide

18



Buy yourself a treat such as a bunch of flowers or a new record

19



Create a positive sleep environment - try a soundscape or white noise

Creativity and Wellbeing Week

20



Visit a new place or take a new route on a walk

21



Write about a live music experience and how it made you feel

22



Send someone a song that made you think of them

23



Schedule something to look forward to

24



Write down some song lyrics that inspire you - use these as positive affirmations

25



Try something new - a craft, a recipe, learning an instrument

26



Put on some upbeat tunes and have a spring clean to clear away any negative thoughts

27



Listen to chill out music or binaural beats and practise mindful breathing

28



Take a 10 minute 'sound walk' and list all the noises you hear

29



Introduce a friend or colleague to your favourite album

30



Put on your favourite playlist (maybe even dance to it!)

31



Rediscover a piece of music that you love

