

# Wear Good

TOMS

# Share Good

Share Good!

Pay forward a kindness that someone has done for you.

01

Find something to celebrate today.

05

Take a break and color or draw.

11

Normalize mental health in your community with these 3 steps from TOMS Impact Partner Que Paso Latinx.

17

Write down 3 things you like about yourself.

23

Identify your sources of strength.

29

Complete the Be There Certificate.

02

Program 988 into your phone and share it with 2 (or more!) friends.

06

Take time to reflect and write a letter with your ancestry in mind.

12

Try a new healthy recipe.

18

Practice breathing exercises.

24

Start the week by de-stressing your desk or space with these tips from TOMS Impact Partner Didi Hirsch Mental Health Services.

30

Throw on your TOMS and go for a walk outside.



03

Create a supportive environment for LGBTQ+ youth by using their correct pronouns.

07

Set a boundary.

13

Practice asking someone about suicide so you are ready if the need arises.

19

Call a friend or send them a text and make a plan to hangout.

25

Learn how to find the right mental health service for you with these tips from Jack.org.

31

Find a volunteer opportunity in your area.

04

Let someone know they are doing an amazing job.

08

Learn how to support a friend who is grieving with tips from TOMS Impact Partner The Dinner Party.

14

Get some rest. Power nap anyone?

20

Challenge your brain by learning new skills and engaging in new activities.

26

Visit TOMS.com to learn more.



Listen to music.

09

Take a break from social media for 24 hours or set a time limit. Consider unfollowing pages or people that don't make you feel good.

15

Take a moment to ground yourself to reduce stress.

21

Take a moment to notice unhealthy thoughts and try these shifts in thinking suggested by TOMS Impact Partner Homeboy Industries.

27

Declutter your closet via TOMS partnership with thredUP!

10

Boost your mood. Spend an extra 5 minutes getting dressed or doing your hair today.

16

Repeat this Mantra: Progress not perfection.

22

Support the work of a non-profit by donating needed items, setting up a recurring donation or volunteering your time.

28