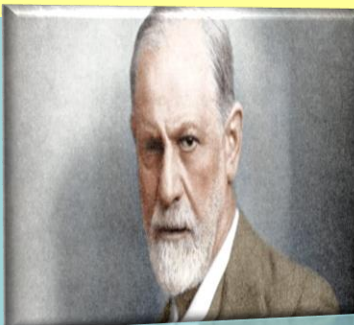


# May 2026



## I REFLECT AND UNDERSTAND EMOTIONS AND I...

| Sunday   | Monday  | Tuesday  | Wednesday                                      | Thursday  | Friday   | Saturday   |
|--|---|--|--|---|--|--|
|  |   |  |  |   | 1  | 2  |
|  |   |  |  |   | Treat all people with dignity and respect.     | Am curious about why I feel the way I do.                    |
| 3  | 4   | 5  | 6  | 7   | 8  | 9  |
| Can talk openly about my emotions.                         | Take time to understand my thoughts and feelings. | Believe that learning about my mind helps me grow. | Matter.  | Believe that self-awareness brings healing.             | Am not afraid to explore deep thoughts.        | Am kind to myself while learning about who I am.             |
| 10   | 11  | 12   | 13   | 14  | 15   | 16   |
| Treat my thoughts with care and curiosity.                 | Can learn from my mistakes and emotions.          | Am open to understanding the feelings of others.   | Believe that talking helps me feel better.     | Choose to be mindful of my actions and feelings.        | Try to understand what causes stress or worry. | Help create a safe space for emotional honesty.              |
| 17   | 18  | 19   | 20   | 21  | 22   | 23   |
| Recognize that everyone copes in their own way.            | Am brave enough to face uncomfortable truths.     | Am learning how to care for my mental health.      | Make space for others to share their stories.  | Value inner peace and mental wellness.                  | Trust that every person's story matters.       | Believe that healing begins with honesty.                    |
| 24   | 25  | 26   | 27   | 28  | 29   | 30   |
| Can discover strength through reflection.                  | Allow myself time to process my feelings.         | Ask questions that help me learn about myself.     | Work to understand what's beneath the surface. | Believe every person has layers of emotion and thought. | Listen without judging.                        | Recognize that everyone has feelings they try to understand. |
| 31   |   |  |  |   |  |  |
| Carry Freud's wisdom by seeking understanding and healing. |   |  |  |   |  |  |



### Sigmund Freud (May 6, 1856)

Sigmund Freud helped people understand their thoughts and feelings. He believed talking about emotions could help people feel better. His work showed how important it is to care about mental health and listen to others.