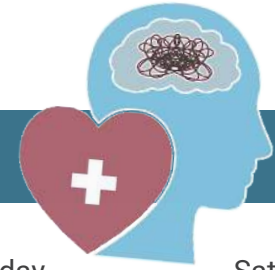













2023 Farm Safety Calendar

MAY - Put Mental Health in your "May Basket"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SIGNS AND SYMPTOMS OF STRESS ENGLISH SPANISH</p>	<p>1</p>  <p>MAY DAY</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>  <p>VIDEO: MENTAL HEALTH AND AGRICULTURE</p>	<p>6</p>
<p>7</p>	<p>8</p>	<p>9</p>  <p>DE-STRESS WITH YOGA FROM AGRISAFE</p>	<p>10</p>	<p>11</p>	<p>12</p>  <p>FARM SAFETY CHECK: STRESS AND WELLNESS</p>	<p>13</p>
<p>14</p>  <p>NATIONAL DANCE LIKE A CHICKEN DAY</p>	<p>15</p>  <p>PUBLIC HEALTH INSTITUTE BEGINS</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>  <p>TOOLKIT: CULTIVATING RESILIENCE IN RURAL COMMUNITIES</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>  <p>HOW DO I TAKE 5 IN THE RUSH? <i>Recorded webinar. Must register to watch.</i></p>	<p>25</p>	<p>26</p> <p>DON'T FRY DAY</p> <p>NATIONAL HEAT AWARENESS DAY</p> 	<p>27</p>
<p>28</p>	<p>29</p>  <p>MEMORIAL DAY</p>	<p>30</p>	<p>31</p>	<p>THIS MONTH: May is Mental Health Awareness Month. May Day is a celebration of Spring and a perfect time to prioritize mental health and stress management. Keep this month's resources in your "May basket" to support your own mental health, as well as the well-being of your loved ones, colleagues, employees, and community.</p>		