



"May is the month of beauty, where we can appreciate the world around us."
- Unknown

May

May is, in my opinion, the most vibrant and invigorating month we experience in the Bay Area. The weather turns comfortably warm, coaxing us outdoors to bask in the blossoming beauty of spring. This shift encourages us to reconnect with nature and each other, making every picnic, hike, and garden party feel like a celebration of life. One of the reasons May is so enchanting is the way it fosters a sense of renewal and community.

This sense of connection is highlighted by the holidays and observances throughout the month. Mother's Day, celebrated on the second Sunday of May and Memorial Day, observed on the last Monday of May.

Additionally, May is Mental Health Awareness Month, a crucial time to focus on mental well-being and support. Together, these holidays and observances make May a month of connection, reflection, and rejuvenation, embodying the spirit of growth and gratitude.



MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month, observed annually in May, shines a spotlight on the importance of mental well-being. It's a time to foster understanding, support, and empathy for those navigating mental health challenges. Through education, advocacy, and open conversation, we strive to break down stigma, promote access to resources, and cultivate a culture of acceptance and compassion. It's a reminder that mental health is an integral part of overall wellness, deserving of attention, care, and understanding.

Body Scan Meditation

Lie down on your back or sit in a comfortable chair with your feet flat on the floor.

Gently close your eyes to help minimize distractions.

Inhale deeply through your nose, hold for a moment, and then exhale slowly through your mouth. Do this a few times to help settle into your body and the present moment.

Start by bringing your attention to your toes. Notice any sensations you feel in this area, such as warmth, coolness, tingling, or pressure.

Slowly move your focus up your body, paying attention to each part in turn.

As you focus on each part of your body, simply notice any sensations without trying to change anything. If you feel tension or discomfort, observe it and then move on.

If you notice any areas of tension or discomfort, imagine breathing into those areas. Visualize your breath flowing into that part of your body and releasing the tension as you exhale.

Once you have scanned your entire body, take a few moments to notice how your whole body feels. Enjoy the sense of relaxation and awareness.
Finish Gently:

When you're ready to finish, take a few deep breaths, wiggle your fingers and toes, and slowly open your eyes. Take a moment to notice how you feel before getting up.



ACROSS

- Sport played on a diamond.
- ___ Appreciation Day falls on Tuesday of the first full week in May.
- Buzzing insect.
- Astrological sign for the end of May (twins).
- May is the ___ month of the year.
- Small red insect with black dots.

- She is celebrated on the second Sunday in May.
- Annual Mexican celebration on May 5th.
- Most lawns are this color in May.
- Celebrated on the last Monday in May: ___ Day.
- Plant these and you may get some flowers.

DOWN

- What a caterpillar becomes.
- Season in which May falls in the Northern Hemisphere.
- Use this to trim the lawn.
- Astrological sign for the start of May (bull).
- May birthstone.
- Place where you might grow flowers.
- Flower of a plant.
- Tulips, daisies, roses, etc.
- May the ___ be with you.
- Might be filled with candy and broken as part of a May celebration.



MOTHER'S DAY



Mother's Day in the United States is a beautiful celebration of the remarkable women who fill our lives with love and light. It's a day where we pause to shower our moms and mother figures with heartfelt appreciation for all they do. From the momentous milestones to the everyday moments, they've been there, offering guidance, comfort, and unwavering support. Whether it's sharing stories over a home-cooked meal or exchanging laughter through cherished memories, Mother's Day is a heartfelt reminder to express our deepest gratitude and affection for these incredible women who have shaped our lives in countless ways. It's a day to celebrate the unique bonds we share and to honor the profound impact they've had on our hearts and souls.

MEMORIAL DAY

Memorial Day, observed on the last Monday of May, is a special day in the United States to honor and remember the brave men and women who have died serving in the military. It started after the Civil War and became an official holiday in 1971. On this day, people visit cemeteries, hold parades, and have ceremonies to pay tribute to fallen soldiers. It's also the unofficial start of summer, a time when families and friends gather for barbecues and outdoor fun, while taking a moment to reflect on the sacrifices made for our freedom.



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