31 Days of Wellness in honor of Mental Health Awareness Month- May 2023

Connecting to Care

Join our Mission for Children's Behavioral Health
Connectingtocarect.org/join-our-mission

Use hashtag #31daysofwellness2023 when posting your activities on our Facebook and Instagram pages
https://www.facebook.com/CT.CONNECT.champions/
@connectingtocare_ct

	5/1 Day 1: Be Creative! Draw, paint or write a poem.	**5/2** Day 2: Treat yourself to do something you enjoy.	**5/3** Day 3: Share the Health! Do a healthy activity or exercise with a friend.	**5/4** Day 4: Try a new hobby!	**5/5** Day 5: Cinco De Mayo! Learn something new and interesting about Mexican culture.	**5/6** Day 6: Create an uplifting music play list.
5/7 Day 7: Discover an interesting Ted Talk video.	**5/8** Day 8: Learn how to talk about mental health.	**5/9** Day 9: Choose a motivational/inspirational quote and post it.	**5/10** Day 10: Do 5 minutes of Yoga or Stretching.	**5/11** Day 11: De-Clutter and reorganize a space to start your day fresh!	**5/12** Day 12: Check out Healthy Lives CT	**5/13** Day 13: Do an activity with loved ones without checking phones or devices.
5/14 Day 14: Do a good a deed or volunteer	**5/15** Day 15: Do some breathing exercises and meditate	**5/16** Day 16: Enjoy watching the sunset at the end of the day.	**5/17** Day 17: Check out Connecting to Care CT Covid Care Videos	**5/18** Day 18: Plant a flower or vegetable outside.	**5/19** Day 19: Call someone you love and tell them why	**5/20** Day 20: Take the time to check out local community events in your area.
5/21 Day 21: Learn to bake or cook a new recipe.	**5/22** Day 22: Read or listen to a new podcast.	**5/23** Day 23: Walk for 30 minutes	**5/24** Day 24: Self Care is the best care. Do something that makes you happy.	**5/25** Day 25: Talk to yourself like you would to someone you love.	**5/26** Day 26: Enjoy the outdoors and get some fresh air!	**5/27** Day 27: Send a funny message or video to loved ones.
5/28 Day 28: Write appreciation notes to yourself and others	**5/29** Day 29: Remember and honor someone who served our country.	**5/30** Day 30: Hydrate! Drink 8 cups of water a day.	**5/31** Day 31: Create a vision board or cut out words that motivate you from a magazine.	*"Think Positively, Breathe Deeply, Live Simply, Hug Tightly, Give Generously, Laugh Loudly, Smile Brightly, Love Unconditionally, Speak Kindly, Love Endlessly"*		

Check out these websites and resources

Follow us on Facebook https://www.facebook.com/CT.CONNECT.champions/ and Instagram @connectingtocare_ct

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Connecting to Care
https://www.connectingtocarect.org/

Plan4Children
https://www.plan4children.org/

HealthyLivesCT
https://www.healthylivesct.org/

211/Infoline
https://www.211ct.org

CT Connecting to Care



National Suicide and Crisis Lifeline, dial 988 / Crisis Text Line text 741741

Mobile Crisis provides crisis response and crisis stabilization services to children/youth under 18.
Dial 2-1-1, press 1 and then 1 again
https://www.mobilecrisisempsct.org/

Suicide Prevention Resources: www.preventsuicidect.org

STEP Program: Specialized Treatment Early in Psychosis (STEP)
STEP Learning Collaborative < Specialized Treatment Early in Psychosis (STEP) (yale.edu)

Achieve Solutions: Information on more than 200 topics, including depression, substance use, and psychotic disorders. **www.achievesolutions.net**

Help Yourself Help Others: Mental health screening site in your area.
www.helpyourselfhelpothers.org

CT Hearing Voices Network (CTHVN): Provides peer support for individuals who have experienced voices, visions and alternative realities. www.cthvn.org

To Save a Life...
- **Realize someone might be suicidal.**
- **Reach out. Asking the suicide question DOES NOT increase risk.**
- **Listen. Talking things out can save a life.**
- **Don't try to do everything yourself. Get others involved.**
- **Don't promise secrecy and don't worry about being disloyal.**
- **If persuasion fails, call your mental health center, local hotline, or emergency services.**

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