

## 31 Days of Wellness in honor of Mental Health Awareness Month- May 2021

 		<p>Use hashtag <b>#31daysofwellness2021</b> when posting your activities on our Facebook and Instagram pages  <a href="https://www.facebook.com/CT.CONNECT.champions/">https://www.facebook.com/CT.CONNECT.champions/</a>  <b>@connectingtocare_ct</b></p>				<p><b>5/1</b></p> <p>Day 1: Do a good deed for someone or reach out to someone who might be feeling isolated.</p>
<p><b>5/2</b></p> <p>Day 2: Take a walk outdoors and post a picture on our FB or IG pages</p>	<p><b>5/3</b></p> <p>Day 3: Watch a TED Talks of your choice  <a href="https://www.ted.com/talks">https://www.ted.com/talks</a></p>	<p><b>5/4</b></p> <p>Day 4: Drink 8+ cups of water today.</p>	<p><b>5/5</b></p> <p>Day 5: De-clutter or re-organize an area in your home</p>	<p><b>5/6</b></p> <p>Day 6: Go to bed early and get a full night's rest</p>	<p><b>5/7</b></p> <p>Day 7: Sit outside and meditate for 5 minutes.</p>	<p><b>5/8</b></p> <p>Day 8: Forgive yourself for something or forgive another person</p>
<p><b>5/9</b></p> <p>Day 9: Incorporate a new fruit/vegetable or healthy food item into a meal and share on our FB/IG pages</p>	<p><b>5/10</b></p> <p>Day 10: Laughter is good for the soul. Try out a new funny phone or Zoom filter and post your pic</p>	<p><b>5/11</b></p> <p>Day 11: Watch this video about empathy  <a href="https://youtu.be/KZBTYViDPIQ">https://youtu.be/KZBTYViDPIQ</a></p>	<p><b>5/12</b></p> <p>Day 12: Treat yourself to something good without feeling guilty.</p>	<p><b>5/13</b></p> <p>Day 13: Start your day with a deep breath, inhale love and goodness. Exhale fears, worries and stress. Then, Smile!</p>	<p><b>5/14</b></p> <p>Day 14: Slow down. Sit &amp; watch the sunset and share a pic on our FB/IG pages</p>	<p><b>5/15</b></p> <p>Day 15: Play your favorite song and dance like nobody is watching. Tell us your favorite song on FB</p>
<p><b>5/16</b></p> <p>Day 16: Journal about 3 people you are grateful to have in your life.</p>	<p><b>5/17</b></p> <p>Day 17: Say a positive affirmation about yourself and post on our FB/IG pages</p>	<p><b>5/18</b></p> <p>Day 18: Send an encouraging text or note to 3 people you care about</p>	<p><b>5/19</b></p> <p>Day 19: Check out <a href="http://healthylivesct.org">.healthylivesct.org</a></p>	<p><b>5/20</b></p> <p>Day 20: Notice three beautiful things in your day</p>	<p><b>5/21</b></p> <p>Day 21: schedule an appointment you've been putting off</p>	<p><b>5/22</b></p> <p>Day 22: Take tons of pictures today. Post one on our FB/IG pages.</p>
<p><b>5/23</b></p> <p>Day 23: Recommend a good book or podcast to a friend</p>	<p><b>5/24</b></p> <p>Day 24: Choose a motivational/inspirational quote and post it</p>	<p><b>5/25</b></p> <p>Day 25: Plant a flower or vegetable</p>	<p><b>5/26</b></p> <p>Day 26: Make an uplifting music playlist</p>	<p><b>5/27</b></p> <p>Day 27: Do 5 minutes of yoga or stretching</p>	<p><b>5/28</b></p> <p>Day 28: Try a virtual exercise class and post on our FB/IG pages</p>	<p><b>5/29</b></p> <p>Day 29: Call someone you love and tell them why</p>
<p><b>5/30</b></p> <p>Day 30: Do an activity with loved ones without checking phones/devices or unplug from technology for the whole day</p>	<p><b>5/31</b></p> <p>Day 31: Make a kindness rock and leave it for someone to find</p>	<p><i>“Think Positively, Breathe Deeply, Live Simply, Hug Tightly, Give Generously, Laugh Loudly, Smile Brightly, Love Unconditionally, Speak Kindly, Love Endlessly”</i></p>				

**Check out these websites and resources**



Follow us on Facebook <https://www.facebook.com/CT.CONNECT.champions/> and Instagram [@connectingtocare\\_ct](https://www.instagram.com/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>



**Emergency mobile psychiatric services (EMPS)** provide crisis response and crisis stabilization services to children/youth under 18.

**Dial 2-1-1 and press 1 then 1 again**

[www.empsct.org](http://www.empsct.org)

### STEP Program: Specialized Treatment Early in Psychosis (STEP)

[mindmapct.org/home](http://mindmapct.org/home)

**Suicide Prevention** [www.preventsuicidect.org](http://www.preventsuicidect.org)

For free, 24/7, confidential support contact: **PHONE:** In Connecticut, dial 2-1-1 and press 1. Outside of CT, dial 800-273-TALK [8255]; **TEXT:** 741741

**Achieve Solutions:** Information on more than 200 topics, including depression, substance use, and psychotic disorders. [www.achievesolutions.net](http://www.achievesolutions.net)

**Help Yourself Help Others:** Mental health screening site in your area.

[www.helpyourselfhelpothers.org](http://www.helpyourselfhelpothers.org)

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