

# 31 Days of Sharing Wellness with Others in honor of Mental Health Awareness Month- May 2020

				<p>Use hashtag <b>#31daysofwellness2020</b> when posting your activities on our FB page</p> <p><a href="https://www.facebook.com/CT.CONNECT.champions/">https://www.facebook.com/CT.CONNECT.champions/</a></p>		<p><b>5/1</b></p> <p>Day 1: Watch a Health disparity video from HealthLivesCT.org <a href="#">Click here</a></p>	<p><b>5/2</b></p> <p>Day 2: Do a good deed for someone</p>
<p><b>5/3</b></p> <p>Day 3: Try a new activity and encourage others to try as well by posting on our FB page</p>	<p><b>5/4</b></p> <p>Day 4: Take a walk outdoors</p>	<p><b>5/5</b></p> <p>Day 5: Drink 80 oz. of water with lemon or lime and encourage a friend to do the same</p>	<p><b>5/6</b></p> <p>Day 6: De-clutter your room or an area of choice at home</p>	<p><b>5/7</b></p> <p>Day 7: Go to bed early and get a full night's rest</p>	<p><b>5/8</b></p> <p>Day 8: Do 5 minutes of meditation</p>	<p><b>5/9</b></p> <p>Day 9: Forgive yourself for something or forgive another person</p>	
<p><b>5/10</b></p> <p>Day 10: Incorporate a new fruit/vegetable or healthy food item into a meal and share on our FB page</p>	<p><b>5/11</b></p> <p>Day 11: Watch a TED Talks of your choice <a href="https://www.ted.com/talks">https://www.ted.com/talks</a></p>	<p><b>5/12</b></p> <p>Day 12: Take a social media break</p>	<p><b>5/13</b></p> <p>Day 13: Treat yourself to something good without feeling guilty</p>	<p><b>5/14</b></p> <p>Day 14: Start your day with a deep breath, inhale all the love and goodness and exhale all the fears, worries and stress. Then, Smile!</p>	<p><b>5/15</b></p> <p>Day 15: Slow down. Sit &amp; watch the sunset and share a pic on our FB page</p>	<p><b>5/16</b></p> <p>Day 16: Play your favorite song and dance like nobody's watching</p>	
<p><b>5/17</b></p> <p>Day 17: Journal about 3 people you are grateful for</p>	<p><b>5/18</b></p> <p>Day 18: Say a positive affirmation about yourself and post on our FB page</p>	<p><b>5/19</b></p> <p>Day 19: Send an encouraging text or note to 5 people</p>	<p><b>5/20</b></p> <p>Day 20: Check out <a href="http://healthylivesct.org">healthylivesct.org</a> and share with a friend</p>	<p><b>5/21</b></p> <p>Day 21: Go the entire day without complaining</p>	<p><b>5/22</b></p> <p>Day 22: Do one thing you've been putting off</p>	<p><b>5/23</b></p> <p>Day 23: Do something special for yourself</p>	
<p><b>5/24</b></p> <p>Day 24: Recommend a good book or podcast to a friend</p>	<p><b>5/25</b></p> <p>Day 25: Choose a motivational/inspirational quote and post it somewhere visible</p>	<p><b>5/26</b></p> <p>Day 26: Plant a flower or vegetable</p>	<p><b>5/27</b></p> <p>Day 27: Make an uplifting music playlist</p>	<p><b>5/28</b></p> <p>Day 28: Do 5 minutes of yoga or stretching</p>	<p><b>5/29</b></p> <p>Day 29: Try a virtual exercise class and post on our FB page</p>	<p><b>5/30</b></p> <p>Day 30: Call someone you love and tell them why</p>	
<p><b>5/31</b></p> <p>Day 31: Look around you and FIND 5 things you can see 4 things you can hear 3 things you can touch 2 things you can smell 1 thing you can taste</p>	<p><b>"Think Positively, Breathe Deeply, Live Simply, Hug Tightly, Give Generously, Laugh Loudly, Smile Brightly, Love Unconditionally, Speak Kindly, Love Endlessly"</b></p>		<p>Toll-free parent stress line <b>TalkItOutCT.com</b> <b>Talk it out line</b> <b>1-833-258-5011</b> Monday – Friday 8am-8pm Weekends 1pm- 8pm <b>English and Spanish</b></p>				

**Check out these websites and resources**

**Follow us on Facebook <https://www.facebook.com/CT.CONNECT.champions/>**

## 31 Days of Sharing Wellness with Others in honor of Mental Health Awareness Month- May 2020

### Connecting to Care

<https://www.connectingtocarect.org/>

### Plan4Children

<https://www.plan4children.org/>

### HealthyLivesCT

<https://www.healthylivesct.org/>

### 211/Infoline

<https://www.211ct.org>



plan4children.org  
connectingtocarect.org  
healthylivesct.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**

[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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