



31 Days of Wellness in honor of Mental Health Awareness Month- May 2022

 <p style="text-align: center;">Join the Mission for Children's Behavioral Health at Connectingtocare.org</p>			<p style="text-align: center;">Use hashtag #31daysofwellness2022 when posting your activities on our Facebook and Instagram pages https://www.facebook.com/CT.CONNECT.champions/ @connectingtocare_ct</p>			
<p>5/1</p> <p>Day 1: Take a walk outdoors and post a picture on our FB or IG pages.</p>	<p>5/2</p> <p>Day 2: Watch a TED Talks of your choice https://www.ted.com/talks</p>	<p>5/3</p> <p>Day 3: Drink 8+ cups of water today.</p>	<p>5/4</p> <p>Day 4: De-clutter or Re-organize an area in your home.</p>	<p>5/5</p> <p>Day 5: Go to bed early and get a full night's rest.</p>	<p>5/6</p> <p>Day 6: Try a new exercise and post on our FB/IG pages.</p>	<p>5/7</p> <p>Day 7: Be creative! Draw, paint, write a poem or song.</p>
<p>5/8</p> <p>Day 8: Incorporate a new fruit/vegetable or healthy food item into a meal and share on our FB/IG pages.</p>	<p>5/9</p> <p>Day 9: Laughter is good for the soul. Try out a new funny phone or Zoom filter and post your pic.</p>	<p>5/10</p> <p>Day 10: Watch this video about empathy https://youtu.be/KZBTYViDPIQ</p>	<p>5/11</p> <p>Day 11: Treat yourself to something you enjoy.</p>	<p>5/12</p> <p>Day 12: Start your day with a deep breath, inhale love and goodness. Exhale fears, worries and stress. Then, Smile!</p>	<p>5/13</p> <p>Day 13: Slow down. Sit & watch the sunset and share a pic on our FB/IG pages.</p>	<p>5/14</p> <p>Day 14: Play your favorite song and dance like nobody is watching. Tell us your favorite song on FB.</p>
<p>5/15</p> <p>Day 15: Journal about 3 people you are grateful to have in your life.</p>	<p>5/16</p> <p>Day 16: Say a positive affirmation about yourself and post on our FB/IG pages.</p>	<p>5/17</p> <p>Day 17: Send an encouraging text or note to 3 people you care about.</p>	<p>5/18</p> <p>Day 18: Check out healthylivesct.org</p>	<p>5/19</p> <p>Day 19: Notice three beautiful things in your day. Post what you noticed on our FB/IG pages.</p>	<p>5/20</p> <p>Day 20: Schedule an appointment you've been putting off.</p>	<p>5/21</p> <p>Day 21: Take tons of pictures today. Post one on our FB/IG pages.</p>
<p>5/22</p> <p>Day 22: Take some time to read today or listen to a podcast.</p>	<p>5/23</p> <p>Day 23: Choose a motivational/inspirational quote and post it.</p>	<p>5/24</p> <p>Day 24: Plant a flower or vegetable.</p>	<p>5/25</p> <p>Day 25: Make an uplifting music playlist.</p>	<p>5/26</p> <p>Day 26: Do 5 minutes of yoga or stretching.</p>	<p>5/27</p> <p>Day 27: Sit outside and meditate for 5 minutes.</p>	<p>5/28</p> <p>Day 28: Call someone you love and tell them why.</p>
<p>5/29</p> <p>Day 29: Do an activity with loved ones without checking phones or devices.</p>	<p>5/30</p> <p>Day 30: Do a good deed or help someone out.</p>	<p>5/31</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>



Mobile Crisis provides crisis response and crisis stabilization services to children/youth under 18.

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

<https://www.mobilecrisiseмпsct.org/>

STEP Program: Specialized Treatment Early in Psychosis (STEP)

mindmapct.org/home

Suicide Prevention 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

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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