



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



[Connectingtocare.org/join-our-mission](https://www.connectingtocare.org/join-our-mission)

Join our Mission
for Children's
Behavioral Health

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

<https://www.facebook.com/CT.CONNECT.champions/>
[@connectingtocare_ct](https://www.instagram.com/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 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.	<i>“Think Positively, Breathe Deeply, Live Simply, Hug Tightly, Give Generously, Laugh Loudly, Smile Brightly, Love Unconditionally, Speak Kindly, Love Endlessly”</i>		

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>



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.mobilecrisisempst.org/>

Suicide Prevention Resources: www.preventsuicidect.org

STEP Program: Specialized Treatment Early in Psychosis (STEP)

[STEP Learning Collaborative < Specialized Treatment Early in Psychosis \(STEP\) \(yale.edu\)](http://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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