



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



Join our Mission  
for Children's  
Behavioral Health

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

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)

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