



31 Days of Wellness

In honor of Mental Health Awareness Month- May 2018

		5/1 Day 1: Go to bed early	5/2 Day 2: Incorporate a new vegetable or healthy food item into a meal	5/3 Day 3: Forgive yourself for something or forgive another person	5/4 Day 4: Stay hydrated with a reusable bottle	5/5 Day 5: Do a good deed for someone
5/6 Day 6: Plant a flower or vegetable	5/7 Day 7: Partake in Meatless Monday	5/8 Day 8: Play your favorite song and dance	5/9 Day 9: Try a new activity	5/10- Mental Health Awareness Day! Day 10: Give yourself 5 compliments	5/11 Day 11: Journal 10 things you're grateful for	5/12 Day 12: Take a walk outdoors
5/13 Day 13: Call someone you love	5/14 Day 14: De-clutter your desk or room	5/15 Day 15: Take a social media break	5/16 Day 16: Make a list of short term goals	5/17 Day 17: Pick up trash near your office, home or school	5/18 Day 18: Slow down. Sit & watch the sunset	5/19 Day 19: Attend the NAMI walk at Rentschler Field in East Hartford, CT
5/20 Day 20: Get rid of 5 things you never use	5/21 Day 21: Get some sun. Eat lunch outside	5/22 Day 22: Send an encouraging text or note to 5 people	5/23 Day 23: Plan a date with a friend	5/24 Day 24: Go the entire day without complaining	5/25 Day 25: Do one thing you've been putting off	5/26 Day 26: Make time for a wholesome breakfast
5/27 Day 27: Visit your local library and pick a book to read	5/28 Day 28: Sign a Letter of Agreement for CONNECT	5/29 Day 29: Write encouraging words on a rock and leave it for someone to find	5/30 Day 30: Make an uplifting music playlist	5/31 Day 31: Do 5 minutes of meditation		

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