



## 31 Days of Wellness In honor of Mental Health Awareness Month- May 2018

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

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