

September 2023

Suicide Prevention Month

If you or someone you know is in crisis call or text 9-8-8 for 24 hour confidential support.

					1 Compliment someone today!	2 Spend an hour doing something you love.
3 Write down your goals for the next week.	4 Start your day with 5 minutes of deep breathing and focus on the present moment.	5 Healthy Eats: Chicken Pizza	6 Educate yourself about the warning signs of suicide .	7 Take a brisk 30-minute walk.	8 Find a place to volunteer as a family .	9 Take a relaxing bath or shower.
10 Review your progress on your goals and adjust as needed.	11 Spend 10 minutes meditating and concentrating on your breath.	12 Healthy Eats: Turkey and Cheese Panini	13 Reach out to a friend who might be feeling down.	14 Try a new sport or activity.	15 Send a thank-you note to someone who has helped you.	16 Read a book or watch a movie that makes you happy.
17 Set a new personal or professional goal for the next month.	18 Write down three things you're grateful for today.	19 Healthy Eats: Sweet Potato & Black Bean Chili	20 Learn about local mental health resources	21 Meet up with friends to exercise together.	22 Cook a meal for a neighbor or friend.	23 Reflect on your accomplishments this week and celebrate them.
24 Reflect on the past month and set your intentions for October.	25 Practice mindful eating during lunch, savoring each bite.	26 Healthy Eats: Cucumber Sandwich	27 Share a positive message on social media about mental health awareness.	28 Stretch for 15 minutes to improve flexibility.	29 Help a family member with a household chore.	30 Treat yourself to a favorite food.