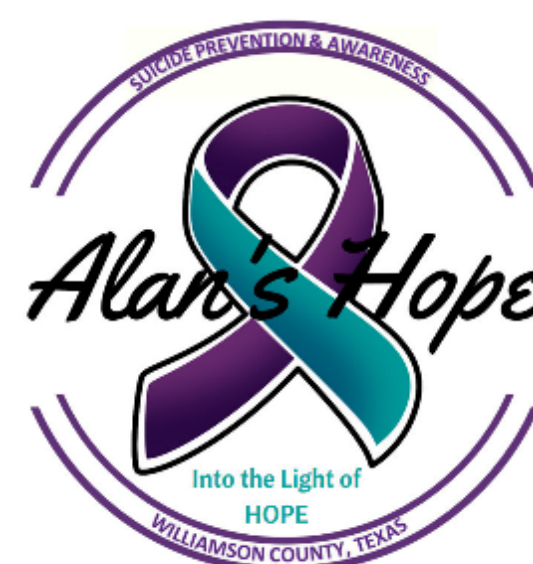


SEPTEMBER

Suicide Prevention Month Self-Care Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1 NATIONAL SUICIDE PREVENTION MONTH BEGINS.	2 LABOR DAY: ENJOY A DAY OFF FROM WORK!	3 CHECK SOMETHING OFF YOUR TO DO LIST TODAY.	4 SAVE THE SUICIDE PREVENTION # 1-800-273-8255	5 CALL A FAMILY MEMBER YOU HAVEN'T SPOKEN TO IN A WHILE.	6 MAKE A HEALTHY SNACK WITH ONLY 2 INGREDIENTS.	7 FOCUS ON YOUR MENTAL HEALTH TODAY.
8 DO AN ACTIVITY OUTSIDE TODAY!	9 CALL OR TEXT A FRIEND YOU HAVEN'T SPOKEN TO LATELY.	10 WORLD SUICIDE PREVENTION DAY.	11 DO SOMETHING FUN WITH A FAMILY MEMBER OR FRIENDS.	12 CLOSE YOUR EYES AND MEDITATE.	13 STRETCH FOR 10 MINUTES BEFORE YOU GO TO BED.	14 WRITE DOWN 5 TRAITS ABOUT YOURSELF THAT YOU ARE PROUD OF.
15 SPEND LESS THAN 2 HOURS WATCHING TV.	16 GIVE SOMEONE A BIG HUG!	17 RESOLUTION AT COMMISSIONERS COURT.	18 GET 7-9 HOURS OF SLEEP TONIGHT.	19 GO WALKING AROUND YOUR NEIGHBORHOOD.	20 CHECK-IN ON SOMEONE YOU'VE BEEN THINKING ABOUT.	21 TAKE A BREAK FROM SOCIAL MEDIA.
22 TRY TO BE ACTIVE FOR 150 MINUTES THIS WEEK!	23 DO PUSHUPS OR SITUPS WHEN COMMERCIALS COME ON THE TV.	24 DO SOMETHING THAT RELAXES YOU.	25 MAKE SURE TO SMILE TODAY!	26 THINK POSITIVE THOUGHTS ALL DAY.	27 TELL SOMEONE HOW MUCH YOU CARE ABOUT THEM.	28 DO SOMETHING THAT MAKES YOU HAPPY.
29 REFLECT ON THE MOMENTS THAT YOU ARE THANKFUL FOR.	30 DO SOMETHING KIND FOR SOMEONE ELSE.					



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