


 #31DaysOfWellness ~ **MAY 2021** ~ #31Tools2Thrive 

SUNDAY #SundayFunday	MONDAY #MindfulnessMonday	TUESDAY #GetInTouchTuesday	WEDNESDAY #WellnessWednesday	THURSDAY #ThankAThonThursday	FRIDAY #FundraiserFriday	SATURDAY #SelfCareSaturday	
<p><b>Build Your Self-Care Toolkit and Help us Build our MHC@Home Fund!</b></p> <p>Every day in May will feature a new and unique tool. As we build our toolkits we ask that you help us build our facility reserves by fundraising for the MHC@Home Fund at <a href="http://www.mhconn.org/31days">www.mhconn.org/31days</a>.</p>						1 <i>Self-care Practices</i>	
2 <i>Storytelling</i>	3 <i>Stress Reduction</i>	4 <i>Crisis and Hotlines</i>	5 <i>Humor</i>	6 MHC Founding Day National Nurses Day <i>Advocacy</i>	7 Children's Mental Health Awareness Day <i>Family Time</i>	8 <i>Embracing Simple</i>	
9 Mother's Day <i>Gardening</i>	10 <i>Working With Trauma</i>	11 <i>Support Groups</i>	12 International Nurses Day <i>Journaling</i>	13 <i>Practicing Gratitude</i>	14 <i>Mental Health Screenings</i>	15 Armed Forces Day <i>Reading</i>	
16 <i>Movement</i>	17 <i>Inviting Peace</i>	18 <i>Therapy and Counseling</i>	19 <i>Faith</i>	20 <i>Animal Companions</i>	21 <i>Mental Health First Aid</i>	22 <i>Endurance</i>	
23 <i>Visual Arts</i>	24 <i>Self Compassion</i>	25 <i>Information and Warm Lines</i>	26 <i>Purpose</i>	27 <i>Giving Back</i>	28 <i>Exercise</i>	29 <i>Healthy Boundaries</i>	
30 <i>Nutrition</i>	31 Memorial Day <i>Silence and Stillness</i> 	<p>Follow us on social media @MentalHealthCT for #31DaysOfWellness, sponsored by ConnectiCare and learn #31Tools2Thrive this May as we celebrate Mental Health Awareness Month.</p>				