

31 DAYS OF SELF CARE

SHAKE OFF
the stigma

1

pump up
THE JAMS

2

LEARN
SOMETHING
NEW

3

start a
gratitude
journal

4

PLAN A
SELF CARE
TRIP

5

visit a
museum

6

LAUGH A
LITTLE

7

learn the
signs

8

READ A
MENTAL
HEALTH BOOK

9



ORDER
NALOXONE

10



11

join a **mental**
health first
aid course

DE-STIGMATIZE
YOUR FEED

12



VOLUNTEER
WITH A MENTAL
HEALTH ORG

13



CALL A
FRIEND

14

catch up on
ZZZZ

15

feed your
brain

16



LEARN ABOUT
TREATMENT
OPTIONS

17

take a
mental
health
screening

18

HYDRATE
YOUR MIND

19



get
movin'



20

FIND YOUR
ZEN

21

UNPLUG
FOR A DAY

22

PRACTICE
SELF LOVE

23



LEARN
GROUNDING
TECHNIQUES

24

REFRESH
YOUR
ROUTINE

25



prep a "bad
day plan"

26

GET SOME
FRESH AIR

27

UPGRADE
YOUR SPACE

28



take a
break

29

SPREAD
JOY

30



SHARE YOUR
STORY

31

HOW TO USE THIS CALENDAR

This calendar features 31 daily prompts to help you prioritize your mental health all month long. Hang it up in a place you see often (like your fridge or bathroom mirror), then come back every morning to complete the day's prompt. Be sure to share your progress on social at @988okla!



Mental Health Awareness Month



STAY CONNECTED



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