



SEPTEMBER 2023

Here are 30 simple activities you can engage in during Suicide Prevention Month to promote mental health, raise awareness, and show support for those who may be struggling. These simple activities can make a significant impact on your own mental health and contribute to the collective effort of raising awareness and support during Suicide Prevention Month. Remember, small actions can create a ripple effect of positive change in your life and the lives of others.

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 Spend a few minutes each day focusing on your breath and being present in the moment.	2 Write down your thoughts and feelings to process your emotions and gain clarity.
3 Spend time in nature to refresh your mind and boost your mood.	4 Create a playlist of songs that uplift your spirits and bring joy.	5 Treat yourself to a relaxing bubble bath to unwind and de-stress.	6 Educate yourself about mental health by reading articles and books on the subject.	7 Use your social media platforms to share informative resources about suicide prevention and mental health.	8 Participate in online seminars or webinars that focus on mental health and suicide prevention.	9 Watch documentaries that shed light on mental health challenges and resilience.
10 Design a visual representation of your goals and aspirations to motivate yourself.	11 Engage in art activities such as drawing, painting, or crafting to express your emotions.	12 Write uplifting notes and leave them in public places for strangers to find.	13 List things you're grateful for each day to shift your focus towards positivity.	14 Reach out to friends and family to let them know you're there to listen and support.	15 Send text messages or cards with words of encouragement to those who might be struggling.	16 Arrange a virtual meet-up to discuss mental health and share personal stories.
17 Get involved with local or online organizations that focus on mental health and suicide prevention.	18 Engage in regular physical activity to release endorphins and boost your mood.	19 Practice yoga or meditation to enhance relaxation and mindfulness.	20 Put on your favorite music and dance your worries away.	21 Use relevant hashtags on social media to contribute to the conversation about suicide prevention.	22 Participate in workshops that teach coping skills and stress management techniques.	23 Join a walk organized by mental health organizations to show support.
24 Contribute to organizations that work towards suicide prevention and mental health support.	25 Prepare a meal or baked goods and share them with neighbors or friends.	26 Initiate open discussions about mental health with friends, family, or colleagues.	27 Set achievable goals that contribute to your mental and emotional well-being.	28 Take time to reflect on your own mental health journey and acknowledge your progress.	29 Research and practice coping strategies that resonate with you during challenging times.	30 Treat yourself with the same kindness and understanding you would offer to a friend.