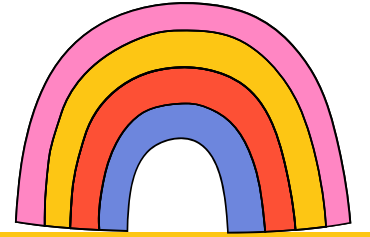




APRIL 2024

Mental Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Spread some laughter by learning a new joke today 	2 Make something by hand today	3 Reflect on your support system. Who can you reach out to?	4 Try a new yoga flow like somatic yoga	5 Reflect on what you're feeling today 	6 Go for a sunrise walk
7 Take a nap	8 Practice mindful movement 	9 Try keeping a sleep journal to improve sleep quality	10 Write a to do list for the day	11 Buy yourself a new plant or flowers 	12 Practice setting boundaries by sharing only what you want, with who you want, when you want.	13 Join a community event, like Blossoming Together,, with friends and family.
14 Write your worries away. List all the things that made you anxious today	15 Listen to healing frequencies	16 Enjoy a cup of something warm 	17 Wake up early & break a sweat	18 Check in with a friend you are worried about. Let them know you are here for them	19 Try a breathing technique 	20 Make a mood board
21 Declutter your space	22 Enjoy and embrace nature EARTH DAY	23 Break out the crayons and color 	24 Listen to a new podcast! ANXIETY BUCKS <small>the podcast</small>	25 Set an intention for your day	26 Set a timer on your social media use today 	27 Treat yourself to an at-home Spa Day.
28 Listen to a friend without interrupting or trying to fix a situation	29 Challenge yourself to drink more water STAY HYDRATED	30 Put on some music and dance! 	1 MENTAL HEALTH AWARENESS MONTH	Mental Health Awareness Calendar <ul style="list-style-type: none"> National Counseling Awareness Month Stress Awareness Month World Health Day (Apr.7) National Stress Awareness Day (Apr.19) 		

Dates to remember

Events

- April 3rd - Honest Hour LGBTQ Affirming Mental Health Care
- April 13th - Blossoming Together at Irvine Great Park
- April 17th - Happy Hour Yarn Art on Instagram Live @nami_oc
- April 24th - Honest Hour The Influence of Social Media on Drug Use
- April 25th - Happy Hour Arcade Game Night at Dave & Busters Irvine.
- April 27th - Laugh Rx Comedy Workshop
- May 5th - NAMI Talks at The Frida Cinema

Register: namiocevents.eventbrite.com

Directing Change April Hope & Justice Contest. April's prompt is: "Decoded"

Resources

- OC Warline call/text - (714) 991-6412
- National Suicide Prevention Lifeline - 988
- Teen Line - (800) 852-8336 Text "teen" 839863
- Trevor Project - (866) 488-7386
- Crisis Text Line - Text HOME to 741741
- OC Navigator website - ocnavigator.org
- NAMI-OC Website - namioc.org
- Call for info on current programs - (714) 544-8488

