

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Mental Health Awareness Month Use this daily guide to practice steps and activities to improve your mental health and well-being. The Gorge Wellness Alliance has many other resources to support your mental health wellbeing. Find out more information, events, and get involved at http://www.gorgewellnessalliance.org/</p>						
<p>1 Participate in 30 minutes of yoga/physical activity.</p>	<p>2 Focus on your sleep – Are you getting the right amount?</p>	<p>3 Go for a walk or bicycle ride.</p>	<p>4 Avoid screens one hour before bed.</p>	<p>5 Make a list of things you enjoy. Set time aside to do at least one of them.</p>	<p>6 Take a break from social media today.</p>	<p>7 Hike somewhere in the Columbia Gorge.</p>
<p>8 Call someone to tell them how much you appreciate them.</p>	<p>9 Go outside for a walk on a break.</p>	<p>10 Reflect for a moment, what are you thankful for in your life presently</p>	<p>11 Have you changed your toothbrush? They should replace every 3 to 4 months.</p>	<p>12 Try something new and creative. Imaginative projects can be relaxing and promote wellbeing.</p>	<p>13 Try and fruit, veggie, or meal you have never had before.</p>	<p>14 Add some green plants or flowers to your home or office.</p>
<p>15 If you are feeling tired, make time for rest. Take time for yourself.</p>	<p>16 Watch or listen to something funny. Laughter is good for your health.</p>	<p>17 Reach and reconnect with an old friend or family member.</p>	<p>18 Make a list of places you want to volunteer or donate. Create a plan!</p>	<p>19 Participate in a random act of kindness for someone.</p>	<p>20 Clean and organize one area of your home.</p>	<p>21 Make leisure time a priority and those activities that make you smile.</p>
<p>22 Walk along the Columbia River. Consider a place on the other side of the river.</p>	<p>23 Walk or drive a route you have never been before.</p>	<p>24 Listen to music or read a story that makes you feel good.</p>	<p>25 Take a lunch break outside.</p>	<p>26 Keep your body hydrated – drink recommend amount of water.</p>	<p>27 Play a game with family, friends, or pets.</p>	<p>28 Visit a local park.</p>
<p>29 Post reminders, incentives, or inspirations for yourself to support your goals.</p>	<p>30/31 Reflect on how these activities/practices. Do not give up on efforts to improve your health!</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>GORGE WELLNESS ALLIANCE</p> </div> <div style="margin-left: 20px;"> <p>We are the Gorge Wellness Alliance, a group of local health advocates, survivors, and community members. Our mission is to promote compassion for every person in the Gorge because we believe that we can create a stigma-free culture and prevent suicide. See your neighbor, not the diagnosis.</p> </div> <div style="margin-left: 10px;">  @gorgewellnessalliance  Facebook.com/gorgewellnessalliance </div> </div>				