

December 2022

Self-Care Calendar **GRATITUDE IS A SWEET GIFT**

This time of year can stir up many experiences, memories, expectations and feelings. We can feel love, joy and magic as well as find ourselves with significant sadness, financial stress and overwhelm during the winter season. The Be Well team is here to help us ignite our hope for all 31 days of December. Inspire hope for yourself and others by giving the gift of gratitude and wellness this year. Gratitude is a low-cost way to increase connection with yourself and others. Use the list below for ideas on how you can give the sweet gift of gratitude to those you care about most!

**Write your activity on the calendar below.
Submit your calendar to bewell@burrellcenter.com to receive a prize!**

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

GIFTS OF GRATITUDE

Plan special 1:1 time with someone you care about

Invite someone to think about what they are grateful for

Add a special note of gratitude to a card or gift tag

Volunteer at your favorite organization

Pause. Inhale, exhale, repeat.

Catch someone doing/saying something you appreciate and tell them!

Print/find a photo of a meaningful moment and share it with someone. Tell them why it is so meaningful

Think of something you did well today

Share a tradition you are grateful for with someone

Be Well
bewellcommunity.org

Be Well Plan

We have learned to develop a plan for emergencies related to physical crisis (such as a certain hospital) and/or natural disasters (such as where we will take shelter). Our mental health deserves this same preparation. A Be Well Plan outlines what we do when we are in brain health crisis. Gift yourself with preparation by taking a few minutes to intentionally develop your Be Well Plan for when it is you, your children, siblings, parents, colleagues, friends, etc. who are in need of immediate mental health support.

HOW I KNOW I AM IN CRISIS

WHAT I CAN DO TO CARE FOR MYSELF

HOW I WANT TO BE SUPPORTED

BURRELL 24-HOUR CRISIS LINES

Call our toll-free
24-hour telephone line for
help with your immediate
crisis situation.

for Southwest Missouri
1-800-494-7355

for Central Missouri
1-800-395-2132

for Kansas City
1-888-279-8188

ADDITIONAL SUPPORTS

24/7 Crisis Text Line
text HOME to 741741

**National Suicide
Prevention Lifeline**
988

The Trevor Project
1-866-488-7386
text START to 678678

The Warm Line
1-877-535-4357
9am-9pm

RESOURCES

Be Well Community
bewellcommunity.org

**American Foundation
for Suicide Prevention**
afsp.org

The JED Foundation
jedfoundation.org

Mental Health America
[www.mhanational.org/
suicide-prevention](http://www.mhanational.org/suicide-prevention)

Personal Supports

People, communities, or organizations
you can go to in an emergency

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