

November 2022

Self-Care Calendar **GIFTING GRATITUDE**

Gratitude is a gift to our brain and to others! Regularly practicing gratitude by observing and then sharing it helps strengthen our relationships, improves our life satisfaction and increases our overall wellbeing. This month, we invite you to pay attention to the small moments: a colleague helping you with a project, a partner making dinner and a stranger holding the door. Then express your gratitude in whatever way fits you! Write a note/message, say it out loud or give someone a smile. Use the list below for ways to look for gratitude or come up with your own!

**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
30	31	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	01	02	03

GIFTS OF GRATITUDE

Write a letter/card to thank someone

Text someone sharing gratitude for their friendship

Think of a moment when someone has helped you through something difficult

Share the best part of your day with someone

Bring attention to something beautiful

Give a colleague a "shout out"

Think of a teacher/mentor you are grateful for

Show your brain some gratitude

Make eye contact and thank a stranger

Smile at a polite stranger

Snuggle your pet

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
1-888-273-8188

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

Personal Supports

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

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