

# April

# 2024

SELF-CARE CALENDAR

## Helping Hands: Acts of Compassion

This month Be Well invites us to engage in acts of compassion to improve our well-being! Volunteering and helping others not only benefits the recipients, it also boosts our own mental and emotional health. By lending a helping hand, we have the opportunity to connect with ourselves and others, build relationships, and create a sense of community and belonging. Use this month's Self-Care Challenge to discover the power of compassion. Try the ideas below or come up with your own!

Use the activities listed or create your own. Write your activity on the calendar below.

SUN	MON	TUE	WED	THU	FRI	SAT
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	04

### ACTIVITY IDEAS

#### Self-Compassion

- Talk to yourself like you would a friend
- Take three deep breaths
- Offer yourself forgiveness
- Take an opportunity to rest

#### Community Compassion

- Offer encouragement to someone
- Volunteer at your favorite non-profit
- Celebrate someone's success
- Pick up trash in the community
- Make care kits to keep in your car for people in need
- Donate supplies to an animal shelter
- Smile at a stranger
- Connect with a neighbor
- Plant native flowers for pollinators

Learn more at [bewellcommunity.org](https://www.bewellcommunity.org)

Be Well

## Start Your 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 DO I KNOW I AM IN CRISIS

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### WHAT CAN I DO TO CARE FOR MYSELF

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### HOW I WANT TO BE SUPPORTED

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### Personal Supports

Who are the people, communities or organizations you can go to in an emergency?

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#### BURRELL 24-HOUR CRISIS LINES

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

##### Southwest Missouri

1-800-494-7355

##### Central Missouri

1-800-395-2132

##### Kansas City

1-888-279-8188

#### ADDITIONAL SUPPORTS

##### 24/7 Crisis Text Line

Text HOME to 741741

##### National Suicide Prevention Lifeline

Call, text or chat 988

##### The Trevor Project

1-866-488-7386 or text  
START to 678678

##### The Warm Line

1-877-535-4357  
Hours: 9:00 a.m. - 9:00 p.m.

#### RESOURCES

##### Be Well Community

Visit [bewellcommunity.org](http://bewellcommunity.org)

##### American Foundation for Suicide Prevention

Visit [afsp.org](http://afsp.org)

##### The JED Foundation

Visit [jedfoundation.org](http://jedfoundation.org)

##### Mental Health America

Visit [mhanational.org/suicide-prevention](http://mhanational.org/suicide-prevention)