

January

Maintaining Your Mental Wellness

Start the year in a powerful way:
Engage in self-care, continue to educate yourself about mental health, volunteer in the community and stay active.



Wellness, Health Promotion and Prevention

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please remember to physically distance yourself by at least 6 feet when around others in the community and wear a face covering mask. Stay Safe.</p>			<p> Get ready for 2021! Download the myStrength app, click on 'Sign Up', and enter access code 'CSB Community'</p>		<p>1 New Year's Day</p>	<p>2 Start a healthy habit in the myStrength app and track your progress.</p>
<p>3 Create, continue, or adjust a routine, search routine on the myStrength app to learn more.</p>	<p>4 Learn about Mental Health First Aid and register for a class.</p>	<p>5 Register for a REVIVE! class today at 6 p.m.</p>	<p>6 Get active and exercise, search the myStrength app for ideas.</p>	<p>7 Looking for inspiration? Download the myStrength app.</p>	<p>8 Keep up the great work!</p>	<p>9 Practice positive self-talk.</p>
<p>10 Join the Fairfax Prevention Coalition to help combat substance misuse.</p>	<p>11 Learn about the Lock and Talk initiative.</p>	<p>12 Check out the myStrength app to start a sleep diary, get tips to keep sleep consistent and more.</p>	<p>13 Register for a REVIVE! class today at 2 p.m.</p>	<p>14 Stay connected, spend time with friends, and listen; learn more on the myStrength app.</p>	<p>15 Learn about Vape Free Fairfax and This Is Quitting.</p>	<p>16 Check in with your myStrength app and track your mood.</p>
<p>17 Take time away from screens, get outside.</p>	<p>18 Martin Luther King Jr. Day</p>	<p>19 Register for a Mental Health First Aid Class with a friend.</p>	<p>20 Inauguration Day</p>	<p>21 Register for a REVIVE! class today at 11 a.m.</p>	<p>22 Share stories with friends and family to laugh.</p>	<p>23 Get ideas for volunteering with Fairfax County.</p>
<p>24 Learn about the Reality Check program offered by Inova.</p>	<p>25 Need local support for quitting vaping? Text VapeFreeFFX to 88-709.</p>	<p>26 Organize an area of your home to relieve stress.</p>	<p>27 Perform an act of kindness.</p>	<p>28 Encourage a friend to join the Fairfax Prevention Coalition.</p>	<p>29 Register for a REVIVE! class today at 9 a.m.</p>	<p>30 Share what you have learned about mental health with a friend.</p>
<p>31 How did your month go? Check in with the myStrength app.</p>			<p>If you are in crisis or need immediate help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for 24/7, free and confidential support, prevention and crisis resources for you or your loved ones, and best practices for professionals.</p>			



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711

www.fairfaxcounty.gov/csb

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