



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH



2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small.	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes.
6 Focus on the basics: eat well, exercise and go to bed on time.	7 Give yourself permission to say "no"	8 Be willing to share how you feel and ask for help when needed.	9 Aim to be good enough, rather than perfect.	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give our mind and body a natural boost.
13 Be as kind to yourself as you would to a loved one.	14 If you're busy, allow yourself to pause and take a break.	15 Find a caring, calming phrase to use when you feel low.	16 Leave positive messages for yourself to see regularly.	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you.	19 Notice what you are feeling, without any judgement.
20 Enjoy photos from a time with happy memories.	21 Don't compare how you feel inside to how others appear outside.	22 Take your time. Make space to just breathe and be still.	23 Let go of other people's expectations of you.	24 Accept yourself and remember that you are worthy of love.	25 Avoid saying "I should" and make time to do nothing.	26 Find a new way to use one of your strengths or talents.
27 Free up time by cancelling any unnecessary plans.	28 Choose to see your mistakes as steps to help you learn.	29 Write down three things you appreciate about yourself.	30 Remind yourself that you are enough, just as you are.			



AFSP "Out of the Darkness" Walk at Belle Isle

Saturday, September 26, 2026

To join **"Team Elks – Metro District #4200"** or **Donate** please follow the QR Code
Registration begins at 8:00 am. Event starts at 10:00 am.

