



### 7 Day Action Plan

	Sun., May 7	Mon., Mon. 8	Tues., Mon. 9	Wed., May 10	Thurs., May 11	Fri., May 12	Sat., May 13
<b>Individual</b>	Get ready! Plan your week of activities	Share a social media post – plan posts for the rest of the week	Speak about your personal connection to mental health	Learn about and support the mental health organizations in your community	<a href="#">Write your legislators</a> asking for mental health funding	Tend to your wellness	Read about or listen to a podcast on well-being and relationships
<b>Interpersonal</b>	Check in with the <a href="#">Feelings Thermometer</a>	Start the conversation	Practice active listening	Affirm and validate	Deepen the connection	Complete a <a href="#">Mental Health Crisis Card</a>	Connect with a friend