

# Mental Health & Happiness: January 2021

This month, focus on gratitude and accountability. Reach out, stay connected and boost your resilience. Consider these resources, virtual events and tips to support your mental health and happiness. For details, click on each item to **learn more**.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Gratitude supports more progress toward important personal goals.	Connect virtually with a Blue Zones Project® Moai® social group. <b>Learn more.</b>
3	4	5	6	7	8	9
When you surround yourself with healthy and happy people, you're more likely to be healthy and happy too.	Watch this Maximize Gratitude workshop, part of the series to boost resilience. <b>Start here.</b>	Online Families Connected Parent Chat in partnership with South Bay Families Connected at 10 a.m. to connect with a supportive group and licensed professional. <b>Join here.</b>	Virtual Mindfulness Drop-In at 4 p.m., guided time to downshift. <b>Register here.</b>	Break a sweat to boost your mood with a Center for Health & Fitness class.	Call BCHD at (310) 374-3426 ext. 256 for support to navigate resources during challenging times.	Reflect on your week with a gratitude list and express your appreciation.
10	11	12	13	14	15	16
Reaffirm your commitment to healthy habits with the Safe in the South Bay Individual <b>Pledge.</b>	Online Families Connected Parent Chat in partnership with South Bay Families Connected at 10 a.m. to connect with a supportive group and licensed professional. <b>Join here.</b>	Virtual Blue Zones Project Social Hour at 4 p.m. <b>Register here.</b>	Share about these Mental Well-Being Tips with a friend.	Gratitude supports optimism and self-confidence, knowing that others are there for us.	Talk About It: Explore resources and tips for important conversations.	Reach out to a loved one and let them know you're thinking of them. Try this Wellness Check-In script.
17	18	19	20	21	22	23
Self-care and communication are important tools, especially for caregivers. Find a support group.	Create your "zen zone" by refining a space in your home to encourage reflection and being present.	Virtual Social Hour with Charlotte at 11 a.m. to connect and feel heard. <b>Join here.</b>	Learn how local leaders support mental health with the Beach Cities Partnership for Youth Coalition.	Practice perspective-taking with your children through these MindUP at Home lessons.	Write three thank you notes, including one to yourself.	Safely reach out to your neighbors with this Kindness Card and offer to assist in ways that will be greatly appreciated.
24	25	26	27	28	29	30
Meet an accountability buddy at a virtual Mental Health & Happiness event. <b>Learn more.</b>	It's ok to not be ok. Explore mental health awareness resources.	Take a mindful pause to practice gratitude with the BCHD Mindfulness Playlist.	Be open to new techniques on how to relax during stressful times.	Virtual Blue Zones Project Nutrition Workshop at 4 p.m. benefits your mental well-being. <b>Register here.</b>	Gratitude is a readiness to show appreciation and to return kindness. <b>Learn more.</b>	Virtual Maximize Gratitude & Connection Event at 11 a.m. to build community and savor kindness. <b>Register here.</b>
31	<p><b>Virtual Safe in the South Bay Series: LiveWell during COVID-19   Thursday, February 4, 5 - 6:30 p.m.</b>  Panelists share information on COVID-19 vaccines and ways for the community to support COVID-19 recovery. <b>Register here.</b></p> <p><b>Need help?</b> If you or someone you know in the Beach Cities needs help with health-related information and referrals, or errand assistance and meal delivery, please call our Assistance, Information &amp; Referral line at 310-374-3426, ext. 256, Monday - Friday, 8:30 a.m. – 5 p.m. or visit us online at <b>bchd.org/resources.</b></p>					
Make mental health resources a priority. Sign up for the BCHD newsletter <b>here.</b>						