

Awareness August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Who: Everyone! What: Links to events and information to bring more awareness to individuals and/or causes in our communities. Why: Loneliness, isolation, and well-being issues can arise from stigma. It is important to amplify the voices, provide opportunities, and bring awareness to everyone in need.</p>			<p>1 Help others realize they are not alone! Share your story!</p>	<p>2 National Immunization Awareness Month (NIAM): Get immunized 👍</p>	<p>3 Use hashtags on social media: #TMR - Take a mind reset!</p>	<p>4 National Breastfeeding Month: Support young mothers and infants 🧑🍼</p>
<p>5 Friendship Day: Get together with your friends to celebrate friendship!</p>	<p>6 Reduce stress, fatigue, depression, & anxiety: Attend TMR Digital Support Group! RSVP HERE</p>	<p>7 Learn more about individuals who experience stigma: Check out the TMR Blog</p>	<p>8 Be prepared if someone you love feels suicidal: Attend Talk Saves Lives Training on the 22nd RSVP HERE</p>	<p>9 Men face unique challenges when discussing mental health. What do you think about bromances? Read more HERE</p>	<p>10 Encourage a Supportive, Inclusive, Compassionate, & Kind community HERE</p>	<p>11 Only 1 in 3 individuals who have general anxiety disorder and panic attacks seek treatment: Help reduce the stigma!</p>
<p>12 Are you aware exercise can reduce stress and anxiety? Check out TMR workouts HERE</p>	<p>13 National Lefthanders Day: High five your "lefty" friends 🖐️</p>	<p>14 Stand up against cyberbullying: It's okay to be sensitive while growing a thicker skin</p>	<p>15 Promote mental health screenings: HelpYourselfHelpOthers.org</p>	<p>16 Follow social media outlets that aim to reduce stigma: Follow @the_mindreset</p>	<p>17 Wear a ribbon associated with a cause you care about 🧡</p>	<p>18 Volunteer for The MindReset: Sign up for the community HERE</p>
<p>19 Learn more about polyamorous relationships</p>	<p>20 Find out whether there are opportunities for cross-advocacy</p>	<p>21 Participate in an awareness walk. Join TMR for the Out of the Darkness Walk HERE</p>	<p>22 Learn how to recognize the signs of suicidal ideation: Attend Suicide Prevention Training RSVP HERE</p>	<p>23 Contact Lens Health Week: Take care of your vision; use contacts safely 👁️</p>	<p>24 Support a community who cares! Follow TMR on Facebook</p>	<p>25 Promote awareness by wearing a shirt from your favorite organization, like TMR. Order HERE</p>
<p>26 Women's Equality Day: Tell a woman you admire how much you do. Be proud to be a woman!</p>	<p>27 Learn more about neuropathy</p>	<p>28 Amplify the voice of individuals with brain injury: Follow on Youtube</p>	<p>29 Read more about how individuals are engaged in their communities HERE</p>	<p>30 Participate in a community event! See what is coming up HERE</p>	<p>31 Learn more about being part of caring community HERE</p>	