

# NURTURING NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Who:</b> Every person needs support in some way, whether it's personal, for another person, or a cause.  <b>What:</b> Actionable ways to be supportive!  <b>Why:</b> Research has proved that having a <b>support</b> system has many positive benefits, such as higher levels of well-being, better coping skills, and a longer and healthier life. Studies have also shown that social <b>support</b> can reduce depression and anxiety. The goal of social <b>support</b> is to decrease stress!</p> <p>References (Click on Link): <a href="#">One</a>, <a href="#">Two</a>, <a href="#">Three</a>, <a href="#">Four</a></p>				<p>1 BE AVAILABLE. Sometimes just letting someone know you're there for them if they need it will bring that sense of comfort and safety they are seeking.</p>	<p>2 Recognize when you are trying to be supportive, it isn't about your own past experiences, but that person's present experience.</p>	<p>3 LISTEN. Sometimes all a person needs is the opportunity to let their stress flow out.</p>
<p>4 Voting is a way to express your opinion and can help you connect to others who have the same views - plus it helps build community!</p>	<p>5 Through voting you have the opportunity to influence the government to develop policies that are impactful to those you care about.</p>	<p>6 Make your voice heard by VOTING TODAY, if you haven't already, for causes you support or believe in.</p>	<p>7 Put another person/cause first! Look at the bigger picture and recognize when something might be more important than just you.</p>	<p>8 Know when to just be quiet. Understanding when your thoughts are not helpful is a valuable piece of being supportive.</p>	<p>9 Provide touch. The power of physical contact is often overlooked but can be just what someone needs to feel better.</p>	<p>10 If someone is stressed, help them discover or build a support system of those who are close to them.</p>
<p>11 One of the greatest ways you can show support for another is to learn about what they are struggling with so you have some understanding of how best to support them.</p>	<p>12 Encourage conversations with others who may be living with the same experiences, such as PTSD, depression, brain injury, epilepsy, or suicidal ideation.</p>	<p>13 Actively be aware of what you are saying and how it could be unsupportive or could hurt someone's confidence or sense of self.</p>	<p>14 Attend TMR suicide prevention training to learn more about helping those who are living with suicidal ideation. Details @ <a href="http://themindreset.com">themindreset.com</a>.</p>	<p>15 Take care of yourself! Consider how hard it is to support another if you yourself are struggling. Keep this in mind and take care of your personal mental health.</p>	<p>16 Instead of directing a conversation at them with 'you' statements, use 'I' statements.</p>	<p>17 Offer your support and connect them to help if you feel that they need it. Ask, "How can I help?"</p>
<p>18 Take time this week to reflect on one thing you are grateful for each day. Focus on the little moments that lift you up.</p>	<p>19 Tune into your calling to help with an upset coworker, a struggling shopper at the grocery store, or a combination of other opportunities.</p>	<p>20 How is the weather today? Crisp and sunny, or cold and snowy? Moods can shift as winter draws nearer, so find one piece of joy in today's forecast.</p>	<p>21 Today, the National Alliance on Mental Illness (NAMI) releases a new toolkit to support people who are caring for others with mental illness. You can register for the webinar <a href="#">here</a>.</p>	<p>22 Happy Thanksgiving! However you choose to spend the day, know that the steps you take for and with our community is appreciated!</p>	<p>23 Caring for others can be a rewarding, exhausting undertaking! Identify a caretaker in your life and thank them for a specific task they have done.</p>	<p>24 Appreciate the spice of life! Whether you treat yourself or a friend to a favorite homemade or delivery dish, enjoy and be thankful for good food today.</p>
<p>25 Many thrift stores run by charitable organizations provide clothing, jobs, and other opportunities for disadvantaged groups. Consider going through your possessions and donating your unused items to a local charity.</p>	<p>26 Research suggests that happier people give more, and giving makes people happier. Join this positive feedback loop by giving your time, money, knowledge, or materials to a cause important to you!</p>	<p>27 Today is Giving Tuesday. What does it mean to you "to give"? However you define "giving", find a way to accomplish this mission. Support TMR <a href="#">HERE</a></p>	<p>28 Check out our mission at <a href="http://themindreset.com">themindreset.com</a>. It may renew your passion for our organization! If so, please <a href="#">donate</a> what you can to help us continue this valuable work.</p>	<p>29 With Thanksgiving last week, you may have more unopened, non perishable foods hanging around than usual. This may be a great time to visit your local food pantry and donate food to families in need.</p>	<p>30 Maybe you are good at math, enjoy reading aloud, or find addressing envelopes relaxing. Volunteering is a cheap, incredible way to give back to your community, so take a look in your area or <a href="#">volunteer with TMR!</a></p>	<p>25 Many thrift stores run by charitable organizations provide clothing, jobs, and other opportunities for disadvantaged groups. Consider going through your possessions and donating your unused items to a local charity.</p>