

Let's create a #wholecommunity

1. Start with yourself.

Celebrate your successes and forgive yourself for your mistakes. Focus on your strengths and positive qualities.

2. Be kind.

Give your kindness away without expecting anything back. Kindness is contagious.

3. Encourage others.

Positive reinforcement is always helpful to a person who is thinking they are either stuck or will never get out of the circumstances they are in at that moment.

4. Your words matter.

Your words can have a real impact on others, so it's important to consider what you want to say before you express yourself. Ask yourself if what you want to say is True? Helpful? Inspiring? Necessary? Kind?

5. Listen and learn.

Make an effort to just listen to what others have to say. Contribute to the conversation, but learn from what others have to say. If you are willing to learn, everyone has something to teach you.

6. Offer help.

Volunteer to help someone out with something on their chore list or even something bigger that will help them accomplish something.

7. Make eye contact and smile.

8. Be the difference.

Take a mental health first aid course to better understand how you can make a difference in creating a whole community.

9. Advocate.

Support mental health services, funding, and legislation that will help others reach their full potential and lead fulfilling lives.

10. Volunteer with a community organization.

Volunteering connects you to others. Spending time helping people is good for your body, mind, and soul.

11. Give when you can.

Donating to your favorite nonprofit can go a long way in supporting services and programs your community members need.

12. Stay curious.

Instead of judging or making assumptions, practice more curiosity when you can.

People may forget what you say, people may forget what you do, but they will never forget how you made them feel. - Maya Angelou

