

# February

# 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Develop consistent self-care activities.	2 Until further notice: Celebrate everything!	3 Prioritize physical activity. Get your sweat on!
4 Volunteer your time to a cause you support.	5 Accept who you are, flaws and all.	6 Surround yourself with a supportive squad.	7 Live your life with purpose and wild abandon.	8 Craft a positive mantra & repeat daily.	9 Avoid "should" and "must" statements.	10 Spend time with someone who lifts you up.
11 Don't compare yourself to others. Do you!	12 Practice enforcing healthy boundaries.	13 Identify and challenge negative beliefs.		15 Stop pleasing people. It's okay to say "no."	16 Declutter your workspace for clarity and focus.	17 Go boldly in the direction of your dreams.
18 Look for inward validation, not outward.	19 Limit exposure to energy-draining people.	20 Be courageous and wild at heart.	21 Welcome mistakes as part of growth.	22 Strive for moral consistency.	23 Be aware of your own needs and meet them.	24 Make time for activities that bring you joy.
25 Take chances and be spontaneous.	26 Remember to forgive yourself often and move on.	27 Eat right to feel right. Drink plenty of water.	28 Consider talking to a therapist. Call RAI to check out services.	29 Celebrate LEAP YEAR! Write down 29 fabulous things about you!		



## RESPONDER ASSISTANCE INITIATIVE

Support for public safety personnel on the job and at home.

## 866-731-6901

Assistance is Free and Confidential

### START THE PROCESS:

You will be asked to leave a confidential message which will be returned within one business day.

This is not an emergency crisis line. Call 911.

Services are provided as a no-cost benefit to North Carolina Department of Public Safety employees, their spouses, and dependents by licensed mental health professionals, wellness coordinators, and professionally trained peers.

*We appreciate your service!*