

Resource:

Guide to Celebrate Mental Wellness

January, Mental Wellness Month, is dedicated to breaking the stigma around mental health. So, one of the best ways to break the stigma around mental illness is to celebrate mental wellness. Check out nine different ways you can promote and celebrate mental health at home and at work.

1. **Demystify mental health.** Test your knowledge with these [true and false questions](#) and improve your mental health literacy.
2. **Start a conversation with someone about mental health.** Here are [a few tips](#) to help you get started.
3. **Practice self-care.** Think about three things you do for yourself that make you happy. Learn to prioritize them in your daily life. It could be grabbing a morning coffee, taking a bath, or going for a walk.
4. **Start a gratitude journal.** Write at least five things you are thankful for every day.
5. **Learn a new hobby.** Think of something you've always wanted to try; that distracts you from daily stressors and makes you happy.
6. **Read a book.** Reading and entering into a different world can bring lots of joy and help us escape reality for a little while.
7. **Start a secret wellness exchange.** Draw names, keep the name you drew a secret, and do nice things for that person. One day you may buy a gift. Another day you may have their favorite coffee waiting on their desk. Even secretly helping them on work projects can feel rewarding. This activity may inspire you to start random acts of kindness campaign.
8. **Find free resources for yourself and others.** Share reputable online resources, apps, and self-help materials that you or your loved ones can use. Head Start staff and their families have access to Starling Mental Fitness, a free online mental health program to help with stress, anxiety, burnout and depression.
9. **Check-in with yourself.** Build regular check-ins with yourself to stay connected to your mind and body. Ask yourself how your body and mind are feeling.

There are lots of new and exciting ways you can promote and celebrate Mental Wellness Month in January. Don't let these ideas limit you. Look inside yourself and visualize what wellness means to you and take the first steps towards that version of yourself.

