



May 2021



Civic Sunday	Music Monday	Take Tuesday	Wisdom Wednesday	Thankful Thursday	Feel Good Friday	Special Saturday
						<p style="text-align: right;">1</p> <p>Wear lime green clothing to show support for mental health! Post photos on the RI Facebook Page!</p> <p>“Shift the Show” virtual rally today for youth - 1pm Central time. https://www.theshiftwellnessrally.com/</p>
<p style="text-align: right;">2</p> <p>Register for The Nature Culture Human Health webinar on May 5th.</p> <p>Phone a friend. Check-in, chat, and have a laugh.</p> <p>“Humor is our best friend, and temper is our worst enemy. “</p>	<p style="text-align: right;">3</p> <p>Play 15 minutes of music you don’t usually listen to – classical, country, jazz, pop, rock and roll, or cultural music. Even if you don’t enjoy the genre, find an element or two that you appreciate about it.</p> <p>“We endorse ourselves for each effort, not just for the outcome.”</p>	<p style="text-align: right;">4</p> <p>Take a mental health screen through Mental Health America and encourage others to do the same.</p> <p>Join the RI Welcome Meetings via Zoom – bring a friend and learn about the RI Method together!</p>	<p style="text-align: right;">5</p> <p>Attend the Nature Culture Human Health webinar 1:00 – 2:30 PM (Central time). (register in advance – see May 2)</p> <p>Register for QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention, a 1.5-hour training designed to teach the warning signs of a suicide crisis and how to respond. Occurs monthly - register here.</p>	<p style="text-align: right;">6</p> <p>Thank Dr. Low for developing the Recovery Method for us to use! Enjoy Jack Nalbandian’s song to honor him.</p>	<p style="text-align: right;">7</p> <p>Join or support a local Wellness Walk through your local NAMI chapter.</p> <p>“Endorse even your smallest efforts.”</p>	<p style="text-align: right;">8</p> <p>Get outdoors with RI’s new Nature Journal. Stop and smell the roses - then write about them! Print a free sample here.</p>

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9	10	11	12	13	14	15
<p>Donate food or clothing to your favorite charity.</p> <p>Register to join the RI Book Study Group May 16 and 23. Email davesdecafe@gmail.com to receive the conference call info.</p> <p>“Be group-minded, not self-minded.”</p>	<p>Play music that reflects your dinner theme – tacos and mariachi music, sushi and Japanese music, bratwurst and German folk music</p> <p>“When you are endorsing yourself, you can’t be blaming yourself.”</p>	<p>Take some time for yourself and do some chair yoga to loosen your neck, shoulders and legs. YouTube has many options. Find one that meets your abilities.</p> <p>Join the RI Welcome Meetings via Zoom – bring a friend and learn about the RI Method together!</p>	<p>“Pay-It-Forward” Do you know someone who can benefit from the RI Method? Contact Gilda: (352-464-7232) gilda@recoveryinternational.org to register for the Telephone Groups Intro to RI Training Series.</p> <p>“We command our muscles to do what our brain fears to do.”</p>	<p>Enjoy the warmth of spring and dine outside!</p> <p>“Comfort is a want, not a need.”</p>	<p>Share why mental health should be a priority in the workplace with your employer. Bring a mental health speaker to your workplace. Contact us to give an RI Method or Power Your Mind overview - info@recoveryinternational.org</p>	<p>“Command your muscles” to head outdoors. Visit NCH2 to find a park near you. Post your photos on the Facebook page.</p> <p>Have the youth in your life join the “Chicago Shift the Show” virtual rally to empower young people to start conversations around mental well-being.</p>
16	17	18	19	20	21	22
<p>Celebrate RI with a donation so others who can’t afford a membership can find healing in the RI method, too.</p> <p>Join the RI Book Study Group at 4pm Central time. (Registration instructions on May 9.)</p>	<p>Listen to music created by people living with mental illness, such as Christine of Brain XP</p> <p>And watch the Brain XP interview about Power Your Mind!</p> <p>“We can change our insecure thoughts to secure thoughts.”</p>	<p>Take a chance on cooking a new recipe, watching a new TV series, walking a new route. Changing it up keeps our brains healthy. Share what you did on our Facebook page.</p> <p>Join the RI Welcome Meetings via Zoom – bring a friend and learn about the RI Method together!</p>	<p>Register to join the RI Annual meeting on March 22, 12-1:30 PM Central Time (Members only event – Register here).</p> <p>“Pay-It-Forward” Do you know someone who can benefit from the RI Method? Contact Gilda: (352-464-7232) gilda@recoveryinternational.org to register for the Telephone Groups Intro to RI Training Series.</p>	<p>Practice physical distancing, not social distancing. Connect with a friend or family member you are most grateful to have in your life.</p> <p>“Peace is the food of life.”</p>	<p>Choose something from the calendar you’ve tried and enjoyed and do it again!</p> <p>“When you can’t decide, any decision will calm you.”</p>	<p>Members, spend your Saturday with us! Join the RI Annual meeting 12-1:30 PM Central Time (Register before 10am!).</p> <p>“Decide, plan, and act.”</p>



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23	24	25	26	27	28	29
<p>Start a Facebook fundraiser in honor of a loved one.</p> <p>RI Book Study Group at 4pm Central time. (Registration instructions on May 9.)</p>	<p>Replace the words of a song with your own words. Create a song about your pets, family members, or even the weather.</p> <p>“Don’t take our own dear selves too seriously.”</p>	<p>Take time to make a new pocket Zine for “The Top 10 Tools” and share it with others in your life.</p> <p>Join the RI Welcome Meetings via Zoom – bring a friend and learn about the RI Method together!</p>	<p>“Pay-It-Forward” Do you know someone who can benefit from the RI Method? Contact Gilda: (352-464-7232) gilda@recoveryinternational.org to register for the Telephone Groups Intro to RI Training Series.</p> <p>“Treat life as a business, not as a game.”</p>	<p>Start a gratitude journal this summer. Write down at least one thing daily you are thankful for. Share those with us on Facebook.</p> <p>“Poor habits can be acquired in a fraction of a second, good habits only in long, protracted training.”</p>	<p>Journal about something that mattered to you this past week. Or write a poem or sketch it.</p>	<p>Show us your artistic side! Create a painting, nature collage, stepping stone mosaic, even a flower arrangement! Did you sketch in your new RI Nature Journal? Post a photo to the RI Facebook page.</p> <p>“Have the will to persevere.”</p>
30	31					
<p>Join the RI Meeting "closed" Facebook Page! You'll have access to Mutual Aid 24 hours a day! Help others by posting an example or spot on other examples that are posted.</p>	<p>Memorial Day Take a moment to honor those who have died for service to their country. Play patriotic songs in their honor.</p>					

