

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Partake in your favorite relaxing activity.	2  Write a thank you note to someone who inspires you.	3  Share a positive quote online.	4  Remember to practice self-care.
5  Embark on an adventure.	6  Spend time outside.	7  Model good citizenship.	8  Take a deep dive into culture and self-worth.	9  Volunteer to rake your neighbors' leaves.	10  Use social media for good.	11  Support veterans.
12  Choose a random act of kindness to act on today.	13  Take 15 minutes to clear clutter .	14  Learn to say hello and thank you in different languages.	15  Donate some books to a local book drop off.	16  Practice being tolerant of differing opinions.	17  Find a volunteer experience for a cause you care about.	18  Find support in others.
19  List 3 things you're thankful for.	20  Be unapologetically yourself.	21  Go on a litter walk to clean up your neighborhood.	22  Connect with friends.	23  Share family traditions.	24  Remember to practice patience.	25  Prepare for holiday busy-ness.
26  Sign up for prevention trainings.	27  Sort through decision making.	28  Invest in prevention and connect to PAA.	29  Practice breathing awareness.	30  Start a conversation.		

Share on social media

#EveryoneHasARole

Prevention
Action Alliance

Click the links for short activities you can do to help support [everyday prevention](#) in your community.