



# DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prevention Action Alliance					1  Schedule time for self-care activities.	2  Create social situations.
3  Tune into your emotions.	4  Encourage positive peer influence.	5  Find inspiration and motivation.	6  Plan ahead for holiday celebrations.	7  Explore other holiday traditions.	8  Make a homemade gift.	9  Write a letter to a friend.
10  Promote the right to strong mental wellness.	11  Secure medicines before guests arrive.	12  Find your safe space.	13  Practice Gratitude.	14  Spread love to those around you.	15  Set boundaries.	16  Explore music therapy.
17  Create a family media plan.	18  Promote healthy friendships.	19  Practice Affirmations.	20  Gift responsibly.	21  Prevent the symptoms of S.A.D.	22  Explore old memories.	23  Heal together.
24  Start a new family tradition.	25  Be present during family events.	26  Donate to a local cause.	27  Make time for chores.	28  Build a support circle.	29  Save the Date for the We Are Change Rally.	30  Set family goals.
31  Drive sober.						