

Connection Calendar

We all know that connection with others is essential to our well-being; we're hardwired for it. Strong social connections are an important part of good mental health. But what about connecting with ourselves? Self-care is essential for connection; **recognizing our own needs and responding to them lets us show up as the most authentic and best versions of ourselves.**

Making time to do things that support our own physical and mental health is how we care for ourselves. **Practicing self-care enhances our well-being which helps us create and strengthen our connections;** it's like the oxygen mask on a plane—we have to put our own on before we can help others. When we feel good it's easier to connect with and support others, and connection itself is an important form of self-care.

This October, we're sharing a simple daily **#connectionchallenge** to help you foster deeper connections with the people in your life while taking care of yourself too.

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Follow Carlton Cards on  &  for your chance to win greeting card prize packs! Every Tuesday throughout October, we will feature a new **#connectionchallenge** and another chance to win!

Here's a roadmap to foster and nurture meaningful connections and spread a sense of belonging throughout October:

Weekly Themes:	Celebrate		Appreciation / Gratitude		Show Care and Love / Compassion		Express Yourself
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Canadian Mental Health Association <i>Mental health for all</i>		 1 Let someone know how proud you are of them!	2 Celebrate a great neighbour with a note of thanks for just being there	3 Celebrate You! Look in the mirror and remind yourself that you are amazing	4 TGIF - Pat yourself on the back for a work week well done!	5 Celebrate a recent success or victory - big or small	
6 Do whatever you want! Especially if that's nothing	7 Recapture some memories with loved ones by sharing a photo of a past celebration with them	 8 Send a thank you card to someone far away who makes you feel like they're right there with you	9 Leave a note outside for a mail carrier or delivery person to say thanks!	10 Surprise someone you appreciate with flowers and a kind note	11 Make a list of 3 things you were grateful for this week	12 Connect with a Forever Friend and let them know that you are forever grateful for them!	
13 We all need to recharge at times. Take this day to rest	14 Give thanks for time spent with loved ones today	 15 Send a little pick-me-up message to someone who needs it and who's always there for you	16 Take a couple of minutes to practice mindful meditation: close your eyes and focus on your breath	17 Show your body some love! Stretch for 10 minutes	18 Prepare your favourite end of the week meal to enjoy alone or with company!	19 Pamper yourself: get some extra sleep, read a book, watch a TV show; whatever fills your cup	
20 Why are cats so relaxed? They live in the meow. Be a cat	21 Write yourself a card with words of encouragement and set it aside for a day you need it	 22 Let your creativity flow! Try something new when decorating your home for Halloween!	23 Send a friend a greeting card that's as unique as they are	24 Today, wear whatever it is that makes you feel extra good	25 Practice active listening today	26 Connect to creativity! Spend time creating something special... for yourself or someone you love!	
27 Remember: Relax Rest Recharge	28 Send a message to someone to express what they mean to you	29 Connect with loved ones and participate in some favourite, nostalgic Halloween traditions	30 Share a pic of the best Halloween décor in your 'hood and leave your neighbour a note of appreciation	31 Let costumed visitors know how much you love their creativity with a treat	 carlton cards #StayConnected 		

If you are struggling – or someone you love is – know that there is hope and there is help. If you need to talk to someone immediately, know that there IS hope and call 1-833-456-4566 toll free (In QC: 1-866-277-3553), 24/7 or visit www.crisisservicescanada.ca. You can also reach out to your local Canadian Mental Health Association; find it at www.cmha.ca.