

# JUNE

Managing stress helps to maintain a healthy lifestyle. Follow along this month to further your journey to wellness.



## WELLNESS, HEALTH PROMOTION AND PREVENTION

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<p><b>Have a question?</b>  <b>Contact us:</b>  <b>CSBPrevention@fairfaxcounty.gov</b></p>		<p><u>Download the myStrength app, sign up, and use access code 'CSBCommunity'</u></p>	<p><u>Register for a REVIVE! class, today at 6:30pm</u></p>	<p><u>Managing Stress Tip #1: Cultivate Social Support</u></p>	<p>Schedule time with friends and family; <u>register for a class, take a hike, or visit a farmers' market</u></p>	<p><u>Managing Stress Tip #2: Seek Good Nutrition</u></p>
6	7	8	9	10	11	12
<p>Consume a rainbow of fruits and vegetables, try this <u>Salsa Fresca</u> recipe</p>	<p><u>Managing Stress Tip #3: Relax Your Muscles</u></p>	<p>Join the <u>Fairfax Prevention Coalition</u> meeting tomorrow at 1:00pm</p>	<p>QPR, Help prevent suicide. <u>Sign-up</u> for a class today at 6:30pm</p>	<p><u>Register for a REVIVE! class, today at 10:00am</u></p>	<p><u>Managing Stress Tip #4: Meditate</u></p>	<p><u>Register for a REVIVE! class, today at 9:00am</u></p>
13	14	15	16	17	18	19
<p><u>Managing Stress Tip #5: Protect Your Sleep</u></p>	<p>Interested in the COVID vaccine? <u>Uber and Lyft</u> will provide a free ride to <u>sites</u></p>	<p><u>Managing Stress Tip #6: Get Physical</u></p>	<p><u>Register for a REVIVE! class, today at 1:00pm</u></p>	<p>Search Physical Activity on your myStrength app to learn about the Benefits of Exercise</p>	<p><i><u>Juneteenth</u></i></p>	<p><u>Register to Celebrate Juneteenth today at 11:00am to 2:00pm at Frying Pan Park</u></p>
20	21	22	23	24	25	26
<p><i>Happy Father's Day!</i></p>	<p><u>Register for a REVIVE! class, today at 2:00pm</u></p>	<p>QPR, Help prevent suicide. <u>Sign-up</u> for a class today at 10:00am</p>	<p>Help someone experiencing a mental health issue, <u>Register for a Mental Health First Aid class</u></p>	<p><u>Managing Stress Tip #7: Take a Moment in Nature</u></p>	<p><u>Find a Fairfax County Park Near You</u></p>	<p><u>Managing Stress Tip #8: Keep Your Pleasurable Activities</u></p>
27	28	29	30			
<p><u>Managing Stress Tip #9: Reframe Your Thinking</u></p>	<p><u>Managing Stress Tip #10: Seek Help</u></p>	<p><u>Register for a REVIVE! class, today at 6:30pm</u></p>	<p>"Talk to yourself like you would to someone you love."                      Brené Brown</p>	<p><b>If you are in crisis or need immediate help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for 24/7, free and confidential support, prevention and crisis resources for you or your loved ones, and best practices for professionals.</b></p>		



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711

[www.fairfaxcounty.gov/csb](http://www.fairfaxcounty.gov/csb)

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