



@traumaspeaks | E: traumaspeaks@yahoo.com | W: traumaspeaks.weebly.com

October as a Month of Awareness

This month, we honor

- National Depression and Mental Screening Month
- Bully Prevention Month
- Domestic Violence Awareness Month
- ADHD Awareness Month
- Health Literacy Month
- Pregnancy and Infant Loss Awareness Month

It's a time to help those who have been affected by these issues by spreading information and resources within our communities. Learn more on the next page.



OCTOBER UPDATES!

We're proud to announce that it's the 1 year anniversary of our podcast! We appreciate everyone who's tuned in. Also, we are currently hosting our first fundraising event with Krispy Kreme. With every donut sold, the profits go to the development of our mental health workshops. Email or message us on Instagram to get your dozen!

Be heard. Break the stigma.



Trauma Speaks
Los Angeles | CA

MONTHLY TOPICS

self-care checklist.

- TAKE A FEW DEEP BREATHS
- STRETCH YOUR BODY
- TELL A FRIEND YOU LOVE THEM
- HAVE A MEAL WITH FAMILY
- LISTEN TO YOUR FAVORITE SONG
- JOURNAL OUT YOUR THOUGHTS
- SET A GOAL FOR THE WEEK
- TAKE A WALK OUTSIDE
- GET CREATIVE
- PAMPER YOURSELF

EMOTIONAL WELLNESS

When it comes to self-care, there are many activities that not only help you de-stress, but can also benefit your health. There are five different types of self-care: physical, social, mental, spiritual, and emotional. Follow the checklist we created to help you care for yourself in all five areas.

RESOURCES

You can help us by circulating the resources listed below for this month's topics of awareness.

- [National Depression and Mental Screening Month](#)
- [Bully Prevention Month](#)
- [Domestic Violence Awareness Month](#)
- [ADHD Awareness Month](#)
- [Health Literacy Month](#)
- [Pregnancy and Infant Loss Awareness Month](#)



JOIN THE COMMUNITY!

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