

November 2021

"People crave comfort, people crave connection, people crave community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Attend a local community event in your area in November.	2 Volunteer with a community organization. Lead by example, bring friends along.	3 Hold a neighborhood clothing or food drive.	4 Give some extra help to those who are sick, in nursing homes, injured or without family members.	5 Expand your community; try a digital app to find common interest groups.	6 Consider organizing a virtual dinner party with friends/neighbors.
7 Visit parks and help pick up trash or take part in a community recycling program.	8 Reflect on an experience that brought you joy. Who were you with?	9 Learn more about Bridging Differences with free resources by GGSC	10 Search for a cultural nonprofit to learn about what makes Oregon a better place to live.	11 Learn more about "belonging" in Brene Brown's book <i>The Gifts of Imperfection</i>	12 Plan for the week ahead and set realistic goals.	13 Turn off all devices & electronics for 24-hours to disconnect from distractions & reconnect.
14 To unite people around common goals, be open, listening & responsive.	15 Find a way to be social—whether it's chatting online or smiling at a stranger outdoors.	16 Write a gratitude letter to someone who is part of your community.	17 If you need a boost, watch this video on The Happiness Advantage	18 Look around for acts of goodness to help restore your faith in humanity.	19 Reflect on what matters to you today.	20 Join a friend doing their hobby and find out why they enjoy doing it.
21 Broaden your perspective: read a different paper, magazine or site.	22 Build on new ideas by asking for input from multiple unlike minded individuals.	23 Be curious. Learn about a new topic or inspiring idea.	24 Learn a new skill from a friend or share one of yours with them.	25 Incorporate gratitude activities into your holiday.	26 Organize a family & friend football game.	27 Connect with someone of a different generation.
28 If you're bored, afraid, or exhausted, give yourself a break. The ancient Greeks felt it, too.	29 Get outside and notice all of the changes around your community.	30 Share a hopeful quote or video with a friend or colleague.	1	2	3	4
5	6	<p>"Alone we can do so little; together, we can do so much. -Helen Keller</p>				