

# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Send a hand-written note or card to someone you care about.	2 Find a way to help someone else.	3 Focus on how your actions make a difference to others.	4 Do something outdoors today.	5 Think about what matters to you and why.	6 Find three ways to be hopeful for the future.	7 Reflect on what makes you feel valued and purposeful.
8 Think of a happy memory.	9 Do something you enjoy.	10 Go for a short walk.	11 Use Viva Insights on Teams to enjoy a short meditation session.	12 Take a step towards an important goal, no matter how small.	13 Make a list of what matters to you the most and why.	14 Do something kind for yourself.
15 Set yourself a small task to do today for someone else.	16 Listen to your favourite music or watch your favourite programme.	17 Take a break in your day for a 15-minute walk.	18 Eat a 'rainbow' of fruit and vegetables today.	19 Try a new activity today.	20 Listen to your body and be grateful for all it can do.	21 Give your body a boost by laughing or making someone else laugh.
22 Make sleep a priority and find a good time to go to bed.	23 Sing your favourite song. (Even if you don't think you can sing!)	24 Take three calm breaths at regular intervals during the day	25 Pause to watch the world go by.	26 Make an effort to slow down.	27 Have a day free from screens and get moving.	28 Scan your body and notice what it is feeling.
29 Notice how you speak to yourself and chose kind words.	30 Listen intently to others.	31 Share a quote you find inspiring to others.				

Remember, it is 'ok' to not be 'ok'.

The [Health & Wellbeing page](#) offers advice and support, or contact one of [Your Mental Health First Aiders](#) for a confidential conversation.

