

August 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1. Wake up 15 minutes earlier and enjoy time for yourself.	2. Spend time outdoors.	3. Read or listen to a chapter of a book.	4. Unplug from any technology for a few hours.	5. Try a new recipe.	6. Plan a day out.
7. Make a list of all that you're grateful for.	8. Watch your favourite programme or film.	9. Do something new.	10. Stretch.	11. Do something that makes you laugh.	12. Watch the sunrise or the sunset.	13. Go to your favourite place.
14. Spend some time with your favourite people.	15. Use Viva Insights for a meditation.	16. Drink 8 glasses of water.	17. Tidy your work space.	18. Have a good nights sleep.	19. Listen to your favourite music.	20. Try something new.
21. Set a goal to focus on.	22. Declutter a space in your house.	23. Wear something that makes you feel good.	24. Be compassionate with yourself.	25. Visit a friend of a family member.	26. Make a plan for the day.	27. Have an early night.
28. Have a healthy breakfast.	29. Sit in the sunshine.	30. Do something today that you haven't done for a while.	31. Limit your time on social media.			

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.

