

# April 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Commit to being more active this month, starting today.	2 Shift your mood by doing something you enjoy.	3 Write three things that you appreciate about yourself.	4 Notice the beauty in nature, even if you are stuck inside.	5 Write your character strengths.	6 Enjoy your favourite meal.	7 Look for the good in everyone today.
8 Listen to your body, rest if you need.	9 Share an inspiring quote.	10 Make choices that have a positive impact on others today.	11 Have a 'no screens' night and get an early night.	12 Find a way to help a local charity.	13 Enjoy your favourite meal.	14 Watch something funny and enjoy how it feels to laugh.
15 Share a happy memory with someone who means a lot to you.	16 Notice how you are feeling today.	17 Spend less time sitting today, get up and move.	18 Recall three things you have done that you are proud of.	19 Smile and be friendly to everyone you meet today.	20 Thank yourself for the things you often take for granted.	21 Relax your mind and body with yoga.
22 Enjoy time with your loved ones.	23 Go for a walk and embrace your surroundings	25 Contact a friend that you haven't spoken with recently.	26 Find a new perspective on a difficulty you are facing.	27 Chose to see your mistakes as steps to help you learn.	28 Find something to look forward to today.	29 Leave yourself a positive note on your desk.
30 Accept yourself as you are.						

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.

