

# February 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Walk a local trail or a new area.	2 Do something you loved as a child.	3 Find an inspiring podcast.	4 Prepare a delicious, healthy meal.
5 Enjoy time with someone special.	6 Perform a random act of kindness.	7 Wash or change your bedsheets.	8 Take 5 minutes to sit still and breathe.	9 Light a candle	10 Make yourself a warm drink	11 Write a list of the things you are grateful for
12 Turn off any distractions and enjoy time with friends	13 Do gentle stretches at your desk	14 Do something that you're good at	15 Enjoy a piece of fruit	16 Turn off the news for a day	17 Stay hydrated with a glass of water	18 Write yourself a positive note to read at another time
19 Sit in nature and enjoy the peace	20 Clean out your email inbox	21 Compliment someone	22 Take a small step towards an important goal	23 Focus on the good	24 Appreciate kindness and thank people who do things for you	25 Respond to a difficult situation in a positive way
26 Share something you've learned with a friend or colleague	27 Get comfortable and read a book or listen to an audiobook	28 Write down 3 things you hope to achieve next month	29 Set an important boundary			

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.

