

September 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1. Find a new way to use one of your strengths and talents.	2. Chose to see mistakes as steps to help you learn.	3. Remind yourself that you are enough, just as you are.
4. Write down three things you appreciate about yourself.	5. Free up time by cancelling any unnecessary plans.	6. Make time to do nothing.	7. Let go of any expectations of you.	8. Notice how you are feeling.	9. Be as kind to yourself as you are to others.	10. Get outside and give your mind a boost.
11. Make time to do something you enjoy.	12. Leave a positive message somewhere for yourself.	13. Focus on the basics- eat, hydrate and sleep.	14. Notice the things you do well.	15. If you are finding things hard, remember to ask for help.	16. Set your goals for the next week.	17. Take a small step towards a positive change.
18. Tackle a task you've been putting off for some time.	19. Find something to be optimistic about.	20. Plan something to look forward to.	21. Bake or cook your favourite dish.	22. Listen to music you enjoy.	23. Use Viva Insights on Teams for a guided meditation.	24. Do something to make you laugh.
25. Disconnect from your devices.	26. Write your priorities for the next week.	27. Enjoy a warm bath.	28. Do some stretching.	29. Read a chapter of your favourite book.	30. Watch the sunset.	

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.

