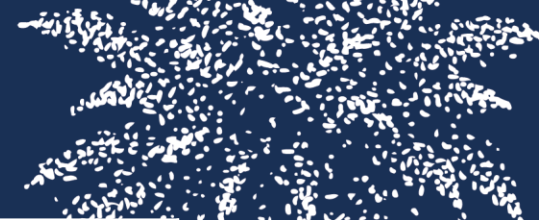


November 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1. Listen to your favourite music	2. Take some time out to enjoy a warm drink	3. Go out in nature	4. Journal how you are feeling	5. Cook or order in your favourite meal
6. Read a chapter of a book	7. Do a digital detox.	8. Light a candle.	9. Stretch or work out for 10 minutes	10. Prioritise yourself and do what you enjoy.	11. Write 5 things you are grateful for.	12. Watch the sunrise or sunset.
13. Drink water and stay hydrated	14. Get some fresh air.	15. Do something creative.	16. Try to learn something new.	17. Practice positive self-talk.	18. Reflect on your day.	19. Challenge yourself to learn a new skill.
20. Go to bed early or sleep in late	21. Use Viva Insights for a 5 minute meditation.	22. Do something you've been putting off.	23. Watch the colours of the leaves change.	24. Spend time with people that make you feel good.	25. Listen to a new podcast.	26. Change your routine.
27. Plan something to look forward to.	28. Declutter your work space.	29. Compliment someone.	30. Make a list of things you would like to try next month			

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.

