

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Build on new ideas.	2 Look for new reasons to be hopeful, even in difficult times.	3 Change your normal routine and see how you feel.
4 Do something outdoors, walk, run, relax, explore.	5 Try a new radio station or TV show.	6 Make a list of all the joys in your life and keep adding to it.	7 Share your feelings with someone you trust.	8 Set yourself a goal, including small steps to reach this goal.	9 Challenge negative thoughts.	10 Take an action to be kind to nature and care for our planet.
11 Have an early night.	12 Take a photo of something that brings you joy and share it.	13 Create a playlist of songs you enjoy.	14 Find a calming, positive phrase to use when you're feeling low.	15 Smile at people you see.	16 Pause, sit for 5 minutes and breathe.	17 Bring a favourite memory to mind.
18 Organise a virtual 'tea break' with colleagues or friends.	19 Make time to do nothing today.	20 Send an uplifting message to someone you can't be with.	21 Get outside, move around, and help clear your thoughts.	22 Run a bubble bath or take a long shower.	23 Eat mindfully, appreciate the taste, smell and texture of your food.	24 Mentally scan your body and notice what you are feeling.
25 Focus your attention on the good things.	26 Take three calming, deep breaths at regular times throughout the day	27 Ask a friend what they have enjoyed recently.	28 Free up time by cancelling unnecessary plans.	29 Spend time with loved ones.	30 Make a thoughtful gift for someone.	31 Enjoy your favourite drink.

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.

