

October 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 your book	7. Do a digital detox	8. Light a candle.
9. Stretch.	10. Prioritise yourself and do what you enjoy.	11. Write 5 things you are grateful for.	12. Watch the sunrise or sunset.	13. 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. Use Viva Insights for a 5 minute meditation.	21. Do something you've been putting off.	22. Go to bed early or sleep in late.
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. Declutter your work space.	27. Enjoy a warm bath or shower.	28. Change your routine.	29. Compliment someone.
30. Plan something to look forward to.	31. Make a list of new things you'd 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.

