

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Give kind comments to everyone you speak to today
2 Take 5 minutes to sit still and breathe	3 Declutter a part of the house that you have been looking at for so long	4 Listen actively and wholeheartedly to others without judgement	5 Get a good sleep. No screens before bed	6 Rediscover your favourite music	7 Make a plan to meet with friends in the new year	8 Reach out to a friend or family member you haven't seen for a while
9 Don't compare how you feel inside to how others appear on the outside	10 Give yourself permission to say no	11 Think of a previous mistake you're glad you made and why	12 Notice when you're hard on yourself and be kind instead	13 Forgive yourself when things go wrong – everyone makes mistakes	14 Do something kind for yourself today, something you really enjoy	15 Look back at the year and give thanks. List the things that you are grateful for
16 Have a bubble bath or hot shower and welcome the warmth around you	17 Grab some snacks and watch your favourite film	18 Look for the good in others and notice their strengths	19 Plan some acts of kindness that you will do in 2024	20 Make yourself a warm drink and take time to enjoy it	21 Make time to do something you really enjoy	22 Share a happy memory with a loved one
23 Give your mind and body a natural boost by being active outdoors	24 Read a new book or start a new audiobook	25 Stay hydrated, drink plenty of water	26 Take an action to be kind to nature and care for our planet.	27 Find something to look forward to today.	28 Do something outdoors, walk, run, relax, explore.	29 Try a new radio station or TV show.
30 Enjoy photos from a time with happy memories.	31 Be willing to share how you feel, and ask for help when needed.					

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.

