

July 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1. Go for a walk.	2. Limit social media use.
3. Draw.	4. Spend some time meditating.	5. Try a new recipe.	6. Volunteer in your local community.	7. Visit the library.	8. Write all the things you love about yourself.	9. Plan a new route home.
10. Make a list of your goals for a week.	11. Buy some flowers or plant some seeds.	12. Ask for help if you need it.	13. Shift your mood by doing something you enjoy.	14. Share a positive story with a friend or colleague.	15. Declutter a space and take unwanted things to the charity shop.	16. Send a hand-written note to someone you care about.
17. Look for reasons to be happy.	18. Read a chapter of a book.	19. Put away any technology an hour before bed.	20. Make a mood board collage.	21. Take 5 minutes out for some deep breathing.	22. Aim to drink more water.	23. Substitute unhealthy snacks for healthier ones.
24. Do something nice for someone.	25. Play a memory game.	26. Have a relaxing bath.	27. Go to your favourite place.	28. Do something in your local community.	29. Take a photo of something that makes you happy and share it.	30. Think of an act of wellbeing you can do each day next month.
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.

