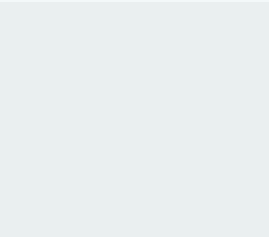


MONDAY



4

Download and listen to a mindfulness meditation app.

Make this a weekly ritual.

11

Go to bed one hour earlier tonight.



18

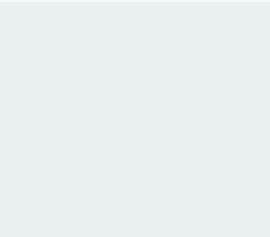
Book in for an online seminar that interests you.

25

Ask for help if you need it. You are not alone.



TUESDAY



5

Tune in by grounding yourself in the present moment.

12

Give someone a compliment.

19

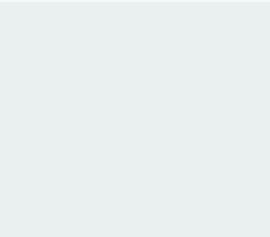
Savour your morning coffee or tea.



26

Set some SMART Goals.

WEDNESDAY



6

Make a list of all your accomplishments.

13

Create your own list of affirmations.

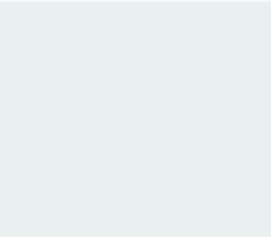
20

Be kind to yourself.

27

Find out what your strengths are and work with these.

THURSDAY



7

Write down 3 things that you did well this week.

Continue doing this every week.

14

Reach out to someone you care about.

Continue this weekly.

21

Do something kind for someone.



28

Defuse from negative self-talk.

FRIDAY



1

Start a Gratitude Journal and write down 3 things you are grateful for.

Continue doing this every week.

8

Send a gratitude text to 3 people in your life



15

Prepare a delicious healthy meal.

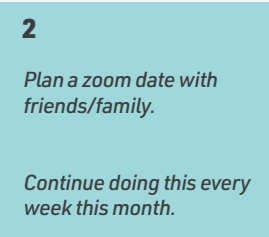
22

Listen to a mental health and well-being podcast.

29

Donate something you no longer need.

SATURDAY



2

Plan a zoom date with friends/family.

Continue doing this every week this month.

9

Reflect on something new you've learned this week.

16

Write an encouraging letter to yourself.



23

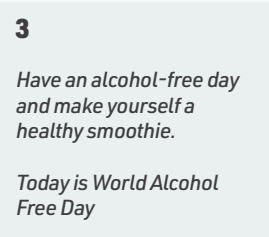
Take a mindfulness walk.

30

Set time aside to do something you love.



SUNDAY



3

Have an alcohol-free day and make yourself a healthy smoothie.

Today is World Alcohol Free Day

10

Today is World Mental Health Day

Let's move forward together to advance the narrative about mental health.

17

Paint a picture or write a poem or song.

24

Have a screen-free day and immerse yourself in nature.



31

Remind yourself of your greatness and write it down!