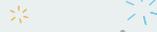


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p><b>1</b></p> <p><i>Start a Gratitude Journal and write down 3 things you are grateful for.</i></p> <p><i>Continue doing this every week.</i></p>	<p><b>2</b></p> <p><i>Plan a zoom date with friends/family.</i></p> <p><i>Continue doing this every week this month.</i></p>	<p><b>3</b></p> <p><i>Have an alcohol-free day and make yourself a healthy smoothie.</i></p> <p><i>Today is World Alcohol Free Day</i></p>
<p><b>4</b></p> <p><i>Download and listen to a mindfulness meditation app.</i></p> <p><i>Make this a weekly ritual.</i></p>	<p><b>5</b></p> <p><i>Tune in by grounding yourself in the present moment.</i></p>	<p><b>6</b></p> <p><i>Make a list of all your accomplishments.</i></p>	<p><b>7</b></p> <p><i>Write down 3 things that you did well this week.</i></p> <p><i>Continue doing this every week.</i></p>	<p><b>8</b></p> <p><i>Send a gratitude text to 3 people in your life</i></p> 	<p><b>9</b></p> <p><i>Reflect on something new you've learned this week.</i></p>	<p><b>10</b></p>  <p><i>Today is World Mental Health Day</i></p> <p><i>Let's move forward together to advance the narrative about mental health.</i></p>
<p><b>11</b></p> <p><i>Go to bed one hour earlier tonight.</i></p> 	<p><b>12</b></p> <p><i>Give someone a compliment.</i></p>	<p><b>13</b></p> <p><i>Create your own list of affirmations.</i></p>	<p><b>14</b></p> <p><i>Reach out to someone you care about.</i></p> <p><i>Continue this weekly.</i></p>	<p><b>15</b></p> <p><i>Prepare a delicious healthy meal.</i></p>	<p><b>16</b></p> <p><i>Write an encouraging letter to yourself.</i></p> 	<p><b>17</b></p> <p><i>Paint a picture or write a poem or song.</i></p>
<p><b>18</b></p> <p><i>Book in for an online seminar that interests you.</i></p>	<p><b>19</b></p> <p><i>Savour your morning coffee or tea.</i></p> 	<p><b>20</b></p> <p><i>Be kind to yourself.</i></p>	<p><b>21</b></p> <p><i>Do something kind for someone.</i></p> 	<p><b>22</b></p> <p><i>Listen to a mental health and well-being podcast.</i></p>	<p><b>23</b></p> <p><i>Take a mindfulness walk.</i></p>	<p><b>24</b></p> <p><i>Have a screen-free day and immerse yourself in nature.</i></p> 
<p><b>25</b></p> <p><i>Ask for help if you need it. You are not alone.</i></p> 	<p><b>26</b></p> <p><i>Set some SMART Goals.</i></p>	<p><b>27</b></p> <p><i>Find out what your strengths are and work with these.</i></p>	<p><b>28</b></p> <p><i>Defuse from negative self-talk.</i></p>	<p><b>29</b></p> <p><i>Donate something you no longer need.</i></p>	<p><b>30</b></p> <p><i>Set time aside to do something you love.</i></p> 	<p><b>31</b></p> <p><i>Remind yourself of your greatness and write it down!</i></p>