

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