

Wellbeing action calendar

31 daily actions to help you prioritise your mental health and wellbeing

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| 1
Create a wellness toolbox - things that lift your mood when you're down | 2
Step back from stressful situations to help calm anxious feelings | 3
Be willing to share how you're feeling and ask for help if you need it | 4
Notice the things you do well today, no matter how small | 5
Fuel your mind with healthy food and aim to get your 5 A Day | 6
Show kindness to yourself today by having a self-care day | 7
Create a sleep sanctuary - ensure your bedroom is quiet, dark and cool |
| 8
Go for a walk and explore a new route, you might find a hidden gem | 9
Unplug from technology - give your mind and body a break | 10
Write down your priorities for the week and focus on getting them done | 11
Use stressful times as an opportunity to learn and build resilience | 12
Reach out and stay connected - support from loved ones is key | 13
Focus your attention on your breathing - breathe in, and breathe out | 14
Limit your news intake to reduce feelings of worry and uncertainty |
| 15
Share your thoughts to help manage feelings of stress and anxiety | 16
Check in on yourself regularly. Self-care is not selfish, it's essential | 17
Get a daily dose of sunlight - just 15 minutes can help boost your mood | 18
Make an effort to be positive today - look for reasons to be happy | 19
Celebrate your success - reward yourself when you reach your goals | 20
Lend an ear to someone who's feeling down, listen to them carefully | 21
Combat negative thoughts with meditation and mindfulness |
| 22
Plan a relaxing activity for the weekend so you can de-stress | 23
Ensure you get enough sleep - it's important for your wellbeing | 24
Focus on the present moment and look to the future | 25
Don't procrastinate - set deadlines and manage your time well | 26
Express yourself in writing - release your inner thoughts and feelings | 27
Take a break from your screen to move and stretch your muscles | 28
Welcome humour - a good laugh goes a long way in managing stress |
| 29
Join an online class that focusses on something you enjoy | 30
Do less, achieve more. Don't take on more than you can manage | 31
Tell yourself 'what I'm doing is enough' and be kind to yourself | Looking after your mental health is something you should invest in, just like you would your physical health. | | | |