

# Mental Health Calendar

<p><b>1</b></p> <p>Before you get out of bed, think of three positive things that you'll do today</p>	<p><b>2</b></p> <p>Let someone know you appreciate them and why</p> 	<p><b>3</b></p> <p>Play your favourite music and dance for 20 minutes</p>	<p><b>4</b></p> <p>Learn how nutrition and mental health are connected</p>	<p><b>5</b></p> <p>At the end of the day, write down three things that went well today</p>	<p><b>6</b></p> <p>Send a thank you card to someone you're grateful to</p>	<p><b>7</b></p> <p>Go for a walk practicing social distancing</p> 	<p><b>8</b></p> <p>Eat the rainbow. Nourish your body with lots of fresh fruits and vegetables</p>	<p><b>9</b></p> <p>Spread a virtual smile. How many smiles can you give today?</p>	<p><b>10</b></p> <p>Go for a walk from home and explore nature</p>
<p><b>11</b></p> <p>Do jumping jacks or butt kicks during each ad break you watch on the TV</p>	<p><b>12</b></p> <p>Stay hydrated. Drink only water today and aim for eight glasses</p>	<p><b>13</b></p> <p>Ask someone if they are okay and really listen to their answer</p>	<p><b>14</b></p> <p>Connect virtually with someone you care about</p> 	<p><b>15</b></p> <p>Have a walk and talk meeting virtually instead of sitting down for it</p>	<p><b>16</b></p> <p>Grow your food. Plant something you'll be able to eat</p>	<p><b>17</b></p> <p>Try to go all day without complaining</p> 	<p><b>18</b></p> <p>Tell your loved ones why you love them. Be specific</p>	<p><b>19</b></p> <p>Try a new activity such as a short run or bike ride</p>	<p><b>20</b></p> <p>Cook a nutritious meal from scratch</p> 
<p><b>21</b></p> <p>Perform a random act of kindness</p> 	<p><b>22</b></p> <p>List five things that you love about yourself</p>	<p><b>23</b></p> <p>Research some fitness apps and try one out</p>	<p><b>24</b></p> <p>Plan and write down healthy meals for a week</p> 	<p><b>25</b></p> <p>Check in on family, friends and colleagues. Ask how they are and listen</p>	<p><b>26</b></p> <p>Spend some time in nature</p> 	<p><b>27</b></p> <p>Go to bed one hour earlier and get up one hour earlier</p>	<p><b>28</b></p> <p>Try a meatless dinner</p> 	<p><b>29</b></p> <p>Do something you're good at</p> 	<p><b>30</b></p> <p>Try an online meditation or guided breathing routine</p>



Mindfulness



Gratitude



Exercise



Nutrition

Take the 30-day positivity pledge