

Mental Health Awareness Activity Calendar

Your health includes both mental and physical health. There are ways to improve your mental health and well-being. Take time for your mental health by participating in these daily action item activities.

1 Write down three things and/or people you feel grateful for today.

2 Write down three things that went well today.

3 Write down three things you can appreciate about yourself.

4 Notice if you're holding tension in your jaw and gently release it.

5 Notice if your shoulders are tight or hunched and gently lower and relax them.

6 Visualize a tranquil scene.

7 Draw a picture or color in a coloring page or mandala.

8 Work on a puzzle.

9 Listen to music and close your eyes to take in a favorite song.

10 Journal for three minutes, writing whatever comes to mind.

11 Take a deep belly breath in through your nose and exhale through your mouth.

12 Take a walk or stroll outside and notice your surroundings.

13 Try a brief guided meditation.

14 Savor the experience of eating mindfully and tuning in to your five senses.

15 Try cooking or baking with a new recipe.

16 Unplug for an hour. Leave your device(s) charging in another room.

17 Read something you enjoy for twenty minutes.

18 Listen to a podcast that interests you or just to learn something new.

19 Do something kind for someone else.

20 Watch a funny video or look at funny memes. Share with a friend or loved one.

21 Do some gentle stretching.

22 Set a realistic goal and outline the steps you can take to achieve it.

23 Take a proactive break to clear your mind and recharge.

24 Forgive yourself for something you've been holding on to.

25 Compile a list of quotes that resonate with you.

26 Declutter a small area of your home or office.

27 Light a favorite candle.

28 Move your body in a way that feels joyful and healthy for you.

29 Give yourself a hug. Wrap your arms around yourself.

30 Call a friend you haven't spoken to in a while.

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