

# Wellbeing Action Calendar



Take time to ask someone how they are

Do something that makes you happy

Say one nice/positive thing to someone today

Make a plan to meet someone dear to you

Do a random act of kindness for someone today

Tell someone important how much they mean to you

Go for a walk

Be nice to someone today

Set a good example today

Give a compliment

Thank people

Offer hugs to your loved ones and friends

Smile at someone today

Write down 3 things you are grateful for

Go for a 30 minute walk

Meditate: Sit, relax, focus on breathing

Take time to check in on someone today

Spend time in nature

Try a new activity today

Laugh

Draw or paint a picture

Sit in the sun for five minutes

List 3 things you like about yourself

Enjoy a sunset or sunrise

Introduce yourself to someone new

Drink a glass of water before each meal

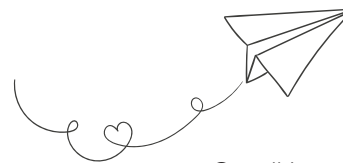
Write a poem

Clean out a cluttered drawer

Do something you love

Send a nice text message to someone

Take a photo of something nice



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