

FEEL GOOD FEB 2022

Prioritise your mental health and wellbeing with positive actions, good deeds and random acts of kindness!
#FeelGoodFeb #ActBelongCommit

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|--|--|
| | 1 Keeping active feels great. Go for a walk and set your intentions for the month ahead. | 2 Pay for someone's coffee at your local café. | 3 Say hello to a neighbour, and ask them how they are going. | 4 Get out in the garden - fresh air and nature is good for your mental health. | 5 Support local. Shop at your local farmers market. | 6 Share a good news story or a positive meme on social media. |
| 7 Do something kind for yourself, whatever that may be. | 8 Volunteer your time for a local charity. | 9 Create a handmade gift for someone. | 10 Challenge yourself by learning something new. | 11 Try cooking something new and if it works, share the recipe. | 12 Check in on someone who you think may be struggling. | 13 Send someone a handwritten note of thanks. |
| 14 Share the love today - there's plenty to go around. | 15 Dance like no one's watching! It's the best feel-good exercise. | 16 Get out in nature... your local park, lake or beach. | 17 Celebrate Random Acts of Kindness Day. | 18 Act green! Recycle, reuse, or repurpose something. | 19 Prepare a meal for a loved one. | 20 Give a genuine compliment to someone - light up their day! |
| 21 Choose a good cause you'll support this year. | 22 Connect with a friend you haven't seen for a while. | 23 Invite a friend to join you for a walk in nature. | 24 Offer to run an errand for a friend or family member. | 25 Write positive notes and leave them out for others to find. | 26 Make someone a cuppa. | 27 Be mindful and try a little meditation. |
| 28 Reflect on your mental health and how taking action feels good. | | | | | | |

