

FEELGOOD FEB 2023



There are a number of small things you can do that can make a big impact on your mental health and wellbeing. Why not try some of these ideas this February?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Create a list of 5 things you have accomplished this year.</p>	<p>2</p> <p>Practice fairness today by putting yourself in someone else's shoes.</p>	<p>3</p> <p>Watch a movie that reminds you of kindness.</p>	<p>4</p> <p>Take a picture of 3 things that make you happy. Send them to a friend.</p>
<p>5</p> <p>Be kind to yourself. Self-compassion is equally important.</p>	<p>6</p> <p>Start a conversation with someone new.</p>	<p>7</p> <p>Consider a current struggle. Write down two thoughts that bring you comfort.</p>	<p>8</p> <p>Consider and celebrate diversity today.</p>	<p>9</p> <p>Identify a role model who embodies perseverance. Can you find two ways to emulate them?</p>	<p>10</p> <p>Check an item off your to-do list this weekend!</p>	<p>11</p> <p>Make twice as much for dinner and either invite guests or deliver the meal to a friend.</p>
<p>12</p> <p>Make a list for the week ahead so you stay focused.</p>	<p>13</p> <p>Consider a recent disagreement. Did you extend forgiveness?</p>	<p>14</p> <p>Express creativity by making art, or cooking a new meal.</p>	<p>15</p> <p>If you are waiting in line today, let someone go ahead of you.</p>	<p>16</p> <p>The next time someone does something you appreciate, be sure to let them know.</p>	<p>17</p> <p>Offer a helping hand to someone, such as holding a door for a stranger.</p>	<p>18</p> <p>Share about a recent book you read and what you learned.</p>
<p>19</p> <p>Show sincere appreciation when someone serves you food or drink.</p>	<p>20</p> <p>Compliment someone today. Ideas include: recognizing a great smile or earrings.</p>	<p>21</p> <p>When you recognize someone is struggling, offer words of support.</p>	<p>22</p> <p>Ask for help! That's a simple way to express bravery.</p>	<p>23</p> <p>Encourage your teammates to utilize their unique strengths.</p>	<p>24</p> <p>Reflect on steps you have taken to achieve past goals.</p>	<p>25</p> <p>Express gratitude today by thanking someone.</p>
<p>26</p> <p>Think about the upcoming work week. How can you apply teamwork?</p>	<p>27</p> <p>Send or leave a handwritten thank you note to someone.</p>	<p>28</p> <p>Giving constructive feedback is one way to ignite honesty.</p>	<p>29</p> <p>Make a list of 3 goals you want to achieve before the end of the year.</p>	<p>Follow us on @actbelongcommit or visit actbelongcommit.org.au for more information</p>		