


Mental Health Calendar – January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Find three good things to look forward to this year.
2 Let someone you love know how much they mean to you.	3 Make time today to do something kind for yourself.	4 Show your gratitude to people who are helping to make things better.	5 Say a coping statement: “I can do this”, “I can handle this”, “I am strong.”	6 Find out about the values and traditions of another culture.	7 Look around you and notice five things you find meaningful.	8 Take a positive action to help in your local community.
9 Switch off all your tech 2 hours before bedtime.	10 Write a list of things you feel grateful for in life why	11 Try out something new to get out of your comfort zone.	12 Share an inspiring quote with others to give them a boost.	13 Take a small step towards an important goal.	14 Reflect on what makes you feel really valued and appreciated.	15 Hand-write a note to someone you love and send them a photo of it..
16 Do something special today and revisit it in your mind today.	17 Look up at the sky. Remember we are all a part of something bigger.	18 Meditate or practice mindfulness, or just take time to be quiet & reflective.	19 Take a minute to remember what really matters and why.	20 Be gentle with yourself when you make mistakes.	21 Think about how your actions make a difference for others.	22 Spring clean or de-clutter. Make your surroundings aesthetically beautiful.
23 Find three good reasons to be hopeful about the future.	24 See if you can get in at least 5 servings of fruits & veggies today.	25 Today link your decisions and choices to your purpose in life.	26 Challenge negative thoughts. Set a small goal. Break it into practical steps & accomplish them.	27 Reconnect with nature today, even if you’re stuck indoors.	29 Set yourself on a kindness mission. Give your time to help others.	30 Write down your hopes and plans for the future.
31 Take a step towards one of your life goals, however small.				<p>“Be Kind to Your Mind” ~ The Houston Chapter of the Links, Inc.</p> <p><u>Mindfulness</u> is the intentional, accepting and non-judgmental focus of one’s attention on the emotions, thoughts and sensations occurring in the present moment...</p>		