



Mental Health Calendar January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 First things first... Make a list of goals you want to accomplish by the end of the month.</p>	<p>2 Breathe deep! Notice how 5 deep breaths makes your body feel.</p>	<p>3 Imagine yourself in a comfortable place. Feel the safety. Know it.</p>	<p>4 Write a letter to your future self, offering guidance and support.</p>	<p>5 Write down 3 things you like about yourself. Re-read it throughout the day.</p>	<p>6 Exercise for 20 minutes. Jump up and down, take a short walk, or ride a bike.</p>	<p>7 Use your voice. Say your name or read something aloud from the newspaper, a magazine or book.</p>
<p>8 Start reading a new book, or re-read an oldie-but-goodie.</p>	<p>9 Notice how you speak to yourself. Use kind words.</p>	<p>10 Think of your FAVORITES: favorite color, song, flower, food.</p>	<p>11 Say a coping statement: "I can do this", "I can handle this", "I am strong."</p>	<p>12 Do something that makes you feel like a kid again!</p>	<p>13 It's World Kindness Day today. Do a random act of kindness today.</p>	<p>14 Call or visit a friend and enjoy a chat.</p>
<p>15 Practice Grounding: Take time to notice 5 things you can see, hear, taste, smell, or hear.</p>	<p>16 Take a small smooth stone, carry it in your pocket, & hold/rub it when you start to feel anxious or stressed.</p>	<p>17 Picture people you care about. Look at their photographs.</p>	<p>18 Make someone laugh. Share in the laughter 😊</p>	<p>19 Start a Gratitude Journal. Write down 1 thing each day that you're grateful for even if it's small.</p>	<p>20 Take 5-10 minutes to REST today. Notice how you feel doing this & afterwards.</p>	<p>21 Breathe slowly & steadily from your core. Imagine letting fear and worry go with each breath.</p>
<p>22 Hydrate! Try to get in at least eight glasses of water each day this week.</p>	<p>23 Gather strength from others. Join a support group.</p>	<p>24 Meditate or practice mindfulness, or just take time to be quiet & reflective.</p>	<p>25 Try a fruit or veggie you've never had before. It might just be new favorite food.</p>	<p>26 <u>Give Thanks</u> Today is Thanksgiving. Make a list of things you're thankful for.</p>	<p>27 Treat yo' self. Read a magazine. Watch a movie. Have a cocktail. Enjoy!</p>	<p>28 Stop to just watch the clouds or sky for 10 minutes today.</p>
<p>29 Hold a mug of tea or coffee in your hands. Notice the warmth. Drink it slowly – savor it.</p>	<p>30 See if you can get in at least 5 servings of fruits & veggies today.</p>	<p>31 Congrats! You made it through January! Check in with your goals & see how you did.</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... "Be Kind to Your Mind" ~ The Houston Chapter of the Links, Inc.</p>			