



## Mental Health Calendar January 2023

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