

# Mental Health Awareness Activity Calendar

Your health includes both mental and physical health. There are ways to improve your mental health and well-being. Take time for your mental health by participating in these daily action item activities.

**1** Write down three things and/or people you feel grateful for today.

**2** Write down three things that went well today.

**3** Write down three things you can appreciate about yourself.

**4** Notice if you're holding tension in your jaw and gently release it.

**5** Notice if your shoulders are tight or hunched and gently lower and relax them.

**6** Visualize a tranquil scene.

**7** Draw a picture or color in a coloring page or mandala.

**8** Work on a puzzle.

**9** Listen to music and close your eyes to take in a favorite song.

**10** Journal for three minutes, writing whatever comes to mind.

**11** Take a deep belly breath in through your nose and exhale through your mouth.

**12** Take a walk or stroll outside and notice your surroundings.

**13** Try a brief guided meditation.

**14** Savor the experience of eating mindfully and tuning in to your five senses.

**15** Try cooking or baking with a new recipe.

**16** Unplug for an hour. Leave your device(s) charging in another room.

**17** Read something you enjoy for twenty minutes.

**18** Listen to a podcast that interests you or just to learn something new.

**19** Do something kind for someone else.

**20** Watch a funny video or look at funny memes. Share with a friend or loved one.

**21** Do some gentle stretching.

**22** Set a realistic goal and outline the steps you can take to achieve it.

**23** Take a proactive break to clear your mind and recharge.

**24** Forgive yourself for something you've been holding on to.

**25** Compile a list of quotes that resonate with you.

**26** Declutter a small area of your home or office.

**27** Light a favorite candle.

**28** Move your body in a way that feels joyful and healthy for you.

**29** Give yourself a hug. Wrap your arms around yourself.

**30** Call a friend you haven't spoken to in a while.

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