

# Mental Wealth Calendar



Fresh Air

01



Sleep Well

02



Say Thank You

03



Change of Scene

04



Prayer or Share

05



Get Creative

06



Yoga

07



Mind Your Money

08



Do That Thing

09



Happy Playlist

10



Prep Your Meals

11



De-Stress

12



Make Your Bed

13



Body Positive

14



Phone a Friend

15



Laugh

16



Lunch Out

17



Nature Walk

18



Thought Journal

19



Digital Detox

20



Join Our Club

21



Catch-Up Cuppa

22



Read

23



Sing

24



Decaff

25



Find Me-Time

26



Declutter

27



Move

28



Dish Up

29



Lend a Hand

30



Meditate

31

NOTES

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1. **Fresh Air:** Spend some time in an outdoor space or garden
2. **Sleep Well:** Work on your pre-sleep ritual – switch off electronic devices an hour before bed and take a bath or read a book
3. **Say Thank You:** Write down several things you feel grateful for today
4. **Change of Scene:** Visit somewhere you've never been before
5. **Prayer or Share:** Take time to say a prayer or talk to a friend about something that is bothering you
6. **Get Creative:** Do something creative such as painting a picture, writing a poem or playing an instrument
7. **Yoga:** Start and end your day with some basic yoga stretches
8. **Mind Your Money:** Create a weekly budget or savings plan
9. **Do That Thing:** Complete a task you've been putting off
10. **Happy Playlist:** Create a list of five songs that make you feel happy
11. **Prep Your Meals:** Plan your meals for the week ahead and include something healthy
12. **De-Stress:** Identify a stress source in your life and think about ways to change it
13. **Make Your Bed:** Make your bed as soon as you get up – and try and do the same each day this week
14. **Body Positive:** Write down several things you like about your body and what it does for you
15. **Phone a Friend:** Phone someone you haven't spoken to in awhile and ask how they are
16. **Laugh:** Watch or listen to something that makes you laugh
17. **Lunch Out:** Eat your lunch somewhere different and away from your desk
18. **Nature Walk:** Take a walk in nature and notice your surroundings
19. **Thought Journal:** Notice and write down how you've been feeling today
20. **Digital Detox:** Sign out of social media for a day
21. **Join Our Club:** Look into joining a club or group that you have an interest in
22. **Catch-Up Cuppa:** Meet a friend for a coffee and a chat
23. **Read:** Read a chapter of a favourite book
24. **Sing:** Sing out loud either at home to yourself or with a choir or friends
25. **Decaff:** Go without caffeine for a day
26. **Find Me-Time:** Take half an hour to do something for yourself that you enjoy
27. **Declutter:** Find a room or area of your house that needs a clean or declutter and get it done
28. **Move:** Do half an hour of light exercise
29. **Dish Up:** Cook something new for dinner
30. **Lend a Hand:** Give up some time to help someone else
31. **Meditate:** Try a guided meditation

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