



Staff mental health calendar

1. Take 10 minutes for yourself

2. Turn phones and tablets off

3. Meditate – your mind matters

4. Eat well

5. Practice deep breathing

6. Talk about your day

7. Swap to decaff

8. Try for 10,000 steps a day

9. Daily round-up: list 3 good things

10. Drink 2 litres of water a day

11. Find time for your hobby

12. No overtime tonight – socialise

13. Adopt a good sleep routine

14. Go for a walk

15. Start a to-do list

16. Learn a new skill

17. Do something nice for someone

18. Adopt good self-care

19. Relax your muscles

20. Discuss your emotions

21. Keep a wellbeing diary

22. Cut down on alcohol/smoking

23. Connect with peers

24. Take notice of how you feel

25. Brighten up your work area

26. Take breaks from your screen

27. Train your brain – do a puzzle

28. Listen to your music

29. Volunteer in the local area

30. Take time to read a book