

Do **one** thing

for better mental health this World Mental Health Day

Our monthly calendar is packed with actions you can take for better mental health. Use each week to try and focus on the 'Five ways to wellbeing'. The following ideas have been researched and developed by the New Economics Foundation.

[Write Month here]

Mon [00]

Talk to someone instead of sending an email

Tue [00]

[Write your own ideas in these spaces]

Wed [00]

Speak to someone new

Thu [00]

Fri [00]

Put five minutes aside to find out how someone really is

Sat [00]

Sun [00]

Have a tea with someone

Do something different today and make a connection

Mon [00]

Take the stairs not the lift

Tue [00]

Wed [00]

Do some 'easy exercise', like stretching

Thu [00]

Fri [00]

Have a kick-about in a local park

Sat [00]

Sun [00]

Go for a walk at lunchtime

This week, why not get active?

Mon [00]

Take some time to enjoy the moment and the environment around you

Tue [00]

Wed [00]

Notice the changing seasons

Thu [00]

Fri [00]

Get a plant

Sat [00]

Sun [00]

Have a 'clear the clutter' day

Take notice and be in the present

Mon [00]

Find out something about your friends, families or colleagues

Tue [00]

Wed [00]

Do a crossword or Sudoku

Thu [00]

Fri [00]

Research something you've always wondered about

Sat [00]

Sun [00]

Start a new book

Focus on learning

Mon [00]

Do something nice for a friend, or a stranger

Tue [00]

Wed [00]

Thank someone

Thu [00]

Fri [00]

Smile

Sat [00]

Sun [00]

Look out, as well as in

Give