



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

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|---|--|--|---|---|---|--|
| <b>1</b> Make a plan to help you keep calm and stay in contact          | <b>2</b> Enjoy washing your hands. Remember all they do for you!         | <b>3</b> Write down ten things you feel grateful for in life and why   | <b>4</b> Stay hydrated, eat healthy food and boost your immune system   | <b>5</b> Get active. Even if you're stuck indoors, move & stretch | <b>6</b> Contact a neighbour or friend and offer to help them     | <b>7</b> Share what you are feeling and be willing to ask for help   |
| <b>8</b> Take five minutes to sit still and breathe. Repeat regularly   | <b>9</b> Call a loved one to catch up and really listen to them          | <b>10</b> Get good sleep. No screens before bed or when waking up  | <b>11</b> Notice five things that are beautiful in the world around you | <b>12</b> Immerse yourself in a new book, TV show or podcast      | <b>13</b> Respond positively to everyone you interact with        | <b>14</b> Play a game that you enjoyed when you were younger         |
| <b>15</b> Make some progress on a project that matters to you           | <b>16</b> Rediscover your favourite music that really lifts your spirits | <b>17</b> Learn something new or do something creative   | <b>18</b> Find a fun way to do an extra 15 minutes of physical activity | <b>19</b> Do three acts of kindness to help others, however small | <b>20</b> Make time for self-care. Do something kind for yourself | <b>21</b> Send a letter or message to someone you can't be with      |
| <b>22</b> Find positive stories in the news and share these with others | <b>23</b> Have a tech-free day. Stop scrolling and turn off the news     | <b>24</b> Put your worries into perspective and try to let them go   | <b>25</b> Look for the good in others and notice their strengths        | <b>26</b> Take a small step towards an important goal             | <b>27</b> Thank three people you're grateful to and tell them why | <b>28</b> Make a plan to meet up with others again later in the year |
| <b>29</b> Connect with nature. Breathe and notice life continuing       | <b>30</b> Remember that all feelings and situations pass in time         |  <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> |   |   |   |  |
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**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

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