



ACTION CALENDAR: JUMP BACK JULY 2018





SUNDAY

Make a list of things that you're looking forward to

- Get the basics right - eat well, exercise and go to bed on time
- Find fun ways to distract vourself from unhelpful thoughts
- 22 Make a list of 3 things that you feel hopeful about
- Catch vourself overreacting and take a deep breath

MONDAY

- Find an action you can take to overcome a problem or worry
- When things get tough, say to yourself "this too shall pass"
- Set yourself an achievable goal and make it happen
- Remember that all feelings and situations pass in time
- Ask for help from a friend, family member or colleague

TUFSDAY

- Adopt a growth mindset. Change "I can't" into "I can't... yet"
- 10 Reach out to someone you trust and share your feelings with them
- Use one of your strengths to overcome a challenge today
- Choose to see something good about what has gone wrong
- Remember we all struggle at times - it's part of being human

WFDNFSDAY

- Be willing to ask for help when you need it today (and always)
- Look for something positive in a difficult situation
- Let go of the small stuff and focus on the things that matter
- Notice when you are feeling judgemental and be kind instead

"Everything can be taken from a man but one thing: to choose one's attitude in any given **set of circumstances**" ~ Viktor Frankl

THURSDAY

Avoid

saying "must"

or "should" to

yourself today

When things

go wrong, be

compassionate

to yourself

Write worries

down and save

them for a specific

'worry time'

26 Identify what

helped you get

through a tough

time in your life

FRIDAY

- Put a problem in perspective and see the bigger picture
- Challenge negative thoughts. Find an alternative interpretation
- If you can't change it, change the way you think about it
- Write down 3 things you're grateful for (even if today was hard)

SATURDAY

- Shift your mood by doing something you really enjoy
- Go for a walk to clear your head when you feel overwhelmed
- Ask yourself: "what's the best that can happen?"
- Think about what you can learn from a recent challenge



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