



ACTIVE COPING CALENDAR: APRIL 2020





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands.Remember all they do for you!
- Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system

- 5 Get active. Even if you're stuck indoors, move & stretch
- Contact a 7 Share what you are feeling friend and offer and be willing to ask for help
- Take five
 minutes to sit
 still and breathe.
 Repeat regularly
- Call a loved one to catch up and really listen to them
- O Get good sleep. No screens before bed or when waking up 11 Notice five things that are beautiful in the world around you

- 12 Immerse yourself in a new book, TV show or podcast
- Respond 14 Play a game that you enjoyed everyone you when you were interact with younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 7 Learn 18 Find a fun way to do an extra or do something creative 15 minutes of physical activity

- 19 Do three acts of kindness to help others, however small
- O Make time for self-care. Do something kind for yourself 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day.Stop scrolling and turn off the news
- 24 Put your
 worries into
 perspective and
 try to let them go

 25 Look for the
 good in others
 and notice their
 strengths

- Take a
 small step
 towards an
 important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time





ACTION FOR HAPPINESS











www.actionforhappiness.org