# Action Calendar – Active Coping April 2020

## Active Coping April - Day 1 Wednesday

Make a plan to help you keep calm and stay in contact

## Active Coping April - Day 2 Thursday

Enjoy washing your hands. Remember all they do for you!

## Active Coping April - Day 3 Friday

Write down ten things you feel grateful for in life and why

## Active Coping April - Day 4 Saturday

Stay hydrated, eat healthy food and boost your immune system

## Active Coping April - Day 5 Sunday

Get active. Even if you’re stuck indoors, move & stretch

## Active Coping April - Day 6 Monday

Contact a neighbour or friend and offer to help them

## Active Coping April - Day 7 Tuesday

Share what you are feeling and be willing to ask for help

## Active Coping April - Day 8 Wednesday

Take five minutes to sit still and breathe. Repeat regularly

## Active Coping April - Day 9 Thursday

Call a loved one to catch up and really listen to them

## Active Coping April - Day 10 Friday

Get good sleep. No screens before bed or when waking up

## Active Coping April - Day 11 Saturday

Notice five things that are beautiful in the world around you

## Active Coping April - Day 12 Sunday

Immerse yourself in a new book, TV show or podcast

## Active Coping April - Day 13 Monday

Respond positively to everyone you interact with

## Active Coping April - Day 14 Tuesday

Play a game that you enjoyed when you were younger

## Active Coping April - Day 15 Wednesday

Make some progress on a project that matters to you

## Active Coping April - Day 16 Thursday

Rediscover your favourite music that really lifts your spirits

## Active Coping April - Day 17 Friday

Learn something new or do something creative

## Active Coping April - Day 18 Saturday

Find a fun way to do an extra 15 minutes of physical activity

## Active Coping April - Day 19 Sunday

Do three acts of kindness to help others, however small

## Active Coping April - Day 20 Monday

Make time for self-care. Do something kind for yourself

## Active Coping April - Day 21 Tuesday

Send a letter or message to someone you can’t be with

## Active Coping April - Day 22 Wednesday

Find positive stories in the news and share these with others

## Active Coping April - Day 23 Thursday

Have a tech-free day. Stop scrolling and turn off the news

## Active Coping April - Day 24 Friday

Put your worries into perspective and try to let them go

## Active Coping April - Day 25 Saturday

Look for the good in others and notice their strengths

## Active Coping April - Day 26 Sunday

Take a small step towards an important goal

## Active Coping April - Day 27 Monday

Thank three people you're grateful to and tell them why

## Active Coping April - Day 28 Tuesday

Make a plan to meet up with others again later in the year

## Active Coping April - Day 29 Wednesday

Connect with nature. Breathe and notice life continuing

## Active Coping April - Day 30 Thursday

Remember that all feelings and situations pass in time