

# WELLBEING CALENDAR

May

▶ For more information visit [www.actionforhappiness.org](http://www.actionforhappiness.org)



**P E R M A H** ▶ Find out more

- Positive Emotions
- Engagement
- Relationships
- Meaning
- Accomplishment
- Health

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|--|---|---|--|---|---|---|
| <p><b>4 MONDAY</b><br/>Share an inspiring idea with a loved one or friend </p>                   | <p><b>5 TUESDAY</b><br/>Set a goal that links to your sense of purpose in life</p>              | <p><b>6 WEDNESDAY</b><br/>Let go of the small stuff and focus on the things that matter</p>   | <p><b>7 THURSDAY</b><br/>Do something constructive to improve a difficult situation</p>            | <p><b>1 FRIDAY</b> <br/>Find a fun way to do an extra 15 minutes of physical activity</p>   | <p><b>2 SATURDAY</b><br/>Play a game that you enjoyed when you were younger </p>      | <p><b>3 SUNDAY</b><br/>Write down your hopes and plans for the future</p>                 |
| <p><b>11 MONDAY</b><br/>Recognise that you have a choice about what to prioritise</p>            | <p><b>12 TUESDAY</b><br/>Stay fully present while having a hot or cold drink </p>               | <p><b>13 WEDNESDAY</b><br/>Make progress on a project or task you have been avoiding</p>      | <p><b>14 THURSDAY</b><br/>Call a family member or friend to catch up and really listen to them</p> | <p><b>8 FRIDAY</b> <br/>Cook your favourite food and enjoy it (with others if possible)</p> | <p><b>9 SATURDAY</b><br/>Take ten minutes to sit still and just breathe </p>          | <p><b>10 SUNDAY</b> <br/>Teach yourself a new skill - origami? first aid? meditation?</p> |
| <p><b>18 MONDAY</b><br/>Start your day with the most important thing on your list</p>            | <p><b>19 TUESDAY</b><br/>Thank yourself for achieving the things you often take for granted</p> | <p><b>20 WEDNESDAY</b><br/>Find the joy in completing a task you've put off for some time</p> | <p><b>21 THURSDAY</b><br/>If you find yourself rushing, make an effort to slow down</p>            | <p><b>15 FRIDAY</b><br/>Pay special attention to the people you cherish most</p>            | <p><b>16 SATURDAY</b><br/>Be kind to yourself - remember, progress takes time</p>     | <p><b>17 SUNDAY</b><br/>Take the first step towards a goal that really matters to you</p> |
| <p><b>25 MONDAY</b><br/>Get the basics right - eat well, exercise and go to bed on time</p>      | <p><b>26 TUESDAY</b> <br/>Rediscover your favourite music that really lifts your spirits</p>    | <p><b>27 WEDNESDAY</b><br/>No plans day - make time to slow down and be kind to yourself</p>  | <p><b>28 THURSDAY</b><br/>Challenge negative thoughts - find an alternative interpretation </p>    | <p><b>22 FRIDAY</b> <br/>Go to bed early and give yourself time to recharge</p>             | <p><b>23 SATURDAY</b><br/>Turn your phone off and give people your full attention</p> | <p><b>24 SUNDAY</b><br/>Look for something positive in a difficult situation</p>          |
| <p><b>29 FRIDAY</b><br/>Take a light-hearted approach - choose to see the funny side</p>         |   |   |  |   |   |   |
| <p><b>30 SATURDAY</b><br/>Look at life through someone else's eyes and see their perspective</p> |   |   |  |   |   |   |
| <p><b>31 SUNDAY</b><br/>Go for a walk to clear your head when you feel overwhelmed</p>           |   |   |  |   |   |   |

## FIND SUPPORT

**Kids Helpline** 1800 55 4636  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
**eHeadspace** [www.eheadspace.org.au](http://www.eheadspace.org.au)  
**Lifeline** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)  
**Parentline** 1300 301 300 [www.parentline.com.au](http://www.parentline.com.au)  
**Head to Health** [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

**Beyond Blue Coronavirus Mental Wellbeing Support Service** 1800512 348  
[www.coronavirus.beyondblue.org.au](http://www.coronavirus.beyondblue.org.au)  
**Domestic and Family Violence – DV CONNECT**  
 1800 811 811 [www.dvconnect.org](http://www.dvconnect.org)  
**Talk to your General Practitioner**

## SCHOOL SUPPORT

**School Guidance Counsellor support**

