

# Mental wellbeing

## WEEKLY COPING CALENDAR



Write down 10 things you feel grateful for in life and why



Make some progress on a project that matters to you



Rediscover your favourite music that really lifts your spirits



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



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



Get active. Even if you're stuck indoors move and stretch



Remember that all feelings and situations pass with time

For more coping tips visit [actionforhappiness.org](https://www.actionforhappiness.org)

\*Resources and materials are general advice only. For tailored support, or if you have any specific questions or concerns please talk to your GP or Healthcare team.