

Mental wellbeing

WEEKLY COPING CALENDAR



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



Do three acts of kindness to help others, no matter how small



Learn something new or do something creative



Take a small step towards an important goal



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



Make time for self care. Do something kind for yourself



Notice five things that are beautiful in the world around you

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.