

MyWellbeing February Mental Health Calendar

	1 Write yourself a compliment on a post-it and stick it somewhere visible.	2 Check your phone or email notifications and turn something off.	3 Therapy as Self-Love	4 Ask a friend who might be struggling if there's anything you can do to help.	5 Try out a brand new recipe.	6 Pick a small task that has been on your to-do list and do it.
7 Leave your phone in another room or turn it off for an hour.	8 Small Talks: How can I do the things I need to do for my mental health?	9 Give yourself a hand, foot, or neck massage.	10 Meditate for ten minutes.	11 Self-Partnered Survival Guide	12 Unfollow a social account that does not bring you joy.	13 Write down 3 things you love about yourself.
14 Self-Love, Especially on Valentine's Day	15 Get 15 minutes of sunshine.	16 Small Talks - How do I not feel guilty for taking time for myself?	17 Get 30 minutes of exercise doing something you enjoy.	18 Write down three things you're grateful for.	19 Stop Merging Yourself With Your Work	20 Dance or sing along to a song you love.
21 Read a poem and write down how it made you feel.	22 Small Talks - Does my self talk language really matter?	23 Let someone you care about know how much they mean to you.	24 Breathe in for 4 seconds, hold for 7, exhale for 8.	25 Small Talks - How do we get back a sense of happiness in our lives?	26 Pamper yourself tonight! Whatever that means to you.	27 How to Practice Preventative Self Care
28 Write down the best thing that happened this month.	Find the right therapist or coach for you. Get matched for free.					