

# 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 <a href="#">Therapy as Self-Love</a>	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 <a href="#">Small Talks: How can I do the things I need to do for my mental health?</a>	9 Give yourself a hand, foot, or neck massage.	10 Meditate for ten minutes.	11 <a href="#">Self-Partnered Survival Guide</a>	12 Unfollow a social account that does not bring you joy.	13 Write down 3 things you love about yourself.
14 <a href="#">Self-Love, Especially on Valentine's Day</a>	15 Get 15 minutes of sunshine.	16 <a href="#">Small Talks - How do I not feel guilty for taking time for myself?</a>	17 Get 30 minutes of exercise doing something you enjoy.	18 Write down three things you're grateful for.	19 <a href="#">Stop Merging Yourself With Your Work</a>	20 Dance or sing along to a song you love.
21 Read a poem and write down how it made you feel.	22 <a href="#">Small Talks - Does my self talk language really matter?</a>	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 <a href="#">Small Talks - How do we get back a sense of happiness in our lives?</a>	26 Pamper yourself tonight! Whatever that means to you.	27 <a href="#">How to Practice Preventative Self Care</a>
28 Write down the best thing that happened this month.	Find the right therapist or coach for you. <a href="#">Get matched for free.</a>					