# The Action for Happiness Coping Calendar

## Keep clam. Stay wise. Be kind.

30 actions to look after ourselves and each other as we face this global crisis together. Please use and share.

1. Make a plan to help you keep calm and stay in contact.
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why.
4. Stay hydrated, eat healthy food and boost your immune system.
5. Get active. Even if you're stuck indoors, move and stretch.
6. Contact a neighbour or friend and offer to help them.
7. Share what you are feeling and be willing to ask for help.
8. Take five minutes to sit still and breathe. Repeat regularly.
9. Call a loved one to catch up and really listen to them.
10. Get good sleep. No screens before bed or when waking up.
11. Notice five things that are beautiful in the world around you.
12. Immerse yourself in a new book, TV show or podcast.
13. Respond positively to everyone you interact with.
14. Play a game that you enjoyed when you were younger.
15. Make some progress on a project that matters to you.
16. Rediscover your favourite music that really lifts your spirits.
17. Learn something new or do something creative.
18. Find a fun way to do an extra 15 minutes of physical activity.
19. Do three acts of kindness to help others, however small.
20. Make some time for self-care. Do something kind for yourself.
21. Send a letter or message to someone you can't be with.
22. Find positive stories in the news and share these with others.
23. Have a tech-free day. Stop scrolling and turn off the news.
24. Put your worries into perspective and try to let them go.
25. Look for the good in others and notice their strengths.
26. Take a small step towards an important goal.
27. Thank three people you’re grateful to and tell them why.
28. Make a plan to meet up with others again later in the year.
29. Connect with nature. Breathe and notice life continuing.
30. Remember that all feelings and situations pass in time.