



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND





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



- **1** Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing vour 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 & stretch
- 6 Contact a neighbour or friend and offer to help them
- 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 vourself in a new book, TV show or podcast

19 Do three

acts of kindness

to help others,

- **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
- however small 26 Take a small step towards an

important goal

- 20 Make 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

- 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



Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances > ~ Viktor Frankl



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