



# RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**We can't control what happens to us, but we can choose how we respond**

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

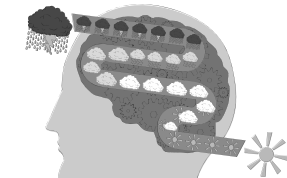
27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone. we all struggle at times



**ACTION FOR HAPPINESS**



[actionforhappiness.org](http://actionforhappiness.org)

Daily actions to look after ourselves and each other as we face this global crisis together

**Keep Calm · Stay Wise · Be Kind**