

HOW TO USE THE WELLBEING CALENDAR

1. Be Realistic and Set Achievable Goals

Start by thinking about what truly matters to you. Focus on small, meaningful actions that support your mental health.

2. Start Small for Long-Term Success

Tiny steps lead to big changes. Starting small helps build sustainable habits. Choose just one area to focus on each day — this keeps things manageable and rewarding.

3. Personalise Your Self-Care Plan

Click on the number box for each day and fill it with a colour that reflects how you'll care for yourself that day (use the key provided). Then, write down exactly how you'll do it in the larger date box. For example, if you choose "Exercise," you might write: "Go for a 15-minute walk after lunch."

4. Be Kind to Yourself

Habits take time to form. If you miss a day, it's okay — just pick up where you left off. Progress is more important than perfection.

5. Reflect and Adjust

At the end of each week, take a moment to reflect. What worked well? What felt challenging? Adjust your focus for the next week to better support your wellbeing.

FEBRUARY 2025

MONTHLY WELLBEING CALENDAR

How will I focus on myself today?

- Mindfulness & Relaxation
- Self-Care & Creativity
- Connect With Others
- Physical Activity
- Rest & Sleep
- Seek Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MARCH 2025

MONTHLY WELLBEING CALENDAR

How will I focus on myself today?

- Mindfulness & Relaxation
- Self-Care & Creativity
- Connect With Others
- Physical Activity
- Rest & Sleep
- Seek Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL 2025

MONTHLY WELLBEING CALENDAR

How will I focus on myself today?

- Mindfulness & Relaxation
- Self-Care & Creativity
- Connect With Others
- Physical Activity
- Rest & Sleep
- Seek Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			