

FEEL GOOD FEB 2021

Prioritise your mental health with positive actions, good deeds and random acts of kindness!
#FeelGoodFeb #ActBelongCommit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Keeping active feels great. Go for a walk and set your intentions for the month ahead.	2 Pay for someone's coffee at your local café.	3 Smile at a stranger. After all, smiling is contagious!	4 Get out in the garden - fresh air and nature are essential for good mental health.	5 Dance like no one's watching! It's the ultimate feel-good exercise.	6 Share a good news story or a positive meme on social media.	7 Do something kind for yourself, whatever that may be.
8 Volunteer your time for a local charity.	9 Create a handmade gift for someone.	10 Challenge yourself by learning something new.	11 Bake something to share at work, school or with friends.	12 Say hello to a neighbour, and ask them how they are going.	13 Send someone a handwritten note of thanks.	14 Today's the day to LOVE yourself. Make time for self-care.
15 Support local. Shop at your local farmers market.	16 Do something helpful for someone.	17 Celebrate Random Acts of Kindness Day.	18 Prepare a meal for a loved one.	19 Act green! Recycle, reuse or repurpose something.	20 Give a genuine compliment to someone - it will brighten their day!	21 Donate to a cause. If not money, gift food, bedding, clothes or something else.
22 Catch up with a friend you have not seen for a while.	23 Grab a bucket and gloves. Head to a beach, lake or parkland with friends to pick up rubbish.	24 Offer to run an errand for a friend or family member.	25 Write positive notes and leave them around the house or workplace for others to find.	26 Make someone a cuppa.	27 Put someone's shopping trolley back for them.	28 Reflect on your mental health and how good you felt this month.

