

# FEEL GOOD FEB 2022

Prioritise your mental health and wellbeing 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 Say hello to a neighbour, and ask them how they are going.	4 Get out in the garden - fresh air and nature is good for your mental health.	5 Support local. Shop at your local farmers market.	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 Try cooking something new and if it works, share the recipe.	12 Check in on someone who you think may be struggling.	13 Send someone a handwritten note of thanks.
14 Share the love today - there's plenty to go around.	15 Dance like no one's watching! It's the best feel-good exercise.	16 Get out in nature... your local park, lake or beach.	17 Celebrate Random Acts of Kindness Day.	18 Act green! Recycle, reuse, or repurpose something.	19 Prepare a meal for a loved one.	20 Give a genuine compliment to someone - light up their day!
21 Choose a good cause you'll support this year.	22 Connect with a friend you haven't seen for a while.	23 Invite a friend to join you for a walk in nature.	24 Offer to run an errand for a friend or family member.	25 Write positive notes and leave them out for others to find.	26 Make someone a cuppa.	27 Be mindful and try a little meditation.
28 Reflect on your mental health and how taking action feels good.						

