



Us Plus

# Mental Health and Wellbeing Bulletin 13

Remember that you can also contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at [ktaylor@penrice.org](mailto:ktaylor@penrice.org).



Good morning everyone,

A different shape to today's bulletin as I wanted to share the amazing 'Action for Happiness' calendar for May. Some fantastic ideas for positive actions – let me know if there are any you particularly enjoy!

Mrs Taylor.

**ACTION CALENDAR: MEANINGFUL MAY 2020**

**"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>4 Focus on what you can do rather than what you can't do</p>	<p>5 Send friends a photo of a time you all enjoyed together</p>	<p>6 Take a step towards one of your life goals, however small</p>	<p>7 Let someone you love know how much they mean to you</p>	<p>1 Take a minute to remember what really matters to you and why</p>	<p>2 Do something meaningful for someone you really care about</p>	<p>3 Reconnect with nature today, even if you're stuck indoors</p>
<p>11 What are your most important values? Use them today</p>	<p>12 Be grateful for the little things, even in difficult times</p>	<p>13 Today do something to care for the natural world</p>	<p>14 Show your gratitude to people who are helping to make things better</p>	<p>8 Set yourself a kindness mission. Give your time to help others</p>	<p>9 Look out for positive news and reasons to be cheerful today</p>	<p>10 Tell someone about why your favourite music means a lot to you</p>
<p>18 Hand-write a note to someone you love and send them a photo of it</p>	<p>19 Find a way to craft what you are doing to give it more meaning</p>	<p>20 Reflect on what makes you feel really valued and appreciated</p>	<p>21 Share photos of 3 things you find meaningful or memorable</p>	<p>15 Find out about the values and traditions of another culture</p>	<p>16 Look around you and notice five things you find meaningful</p>	<p>17 Take a positive action to help in your local community</p>
<p>25 Give your time to help a project or charity you care about</p>	<p>26 Recall three things you've done that you are really proud of</p>	<p>27 Today link your decisions and choices to your purpose in life</p>	<p>28 Tell someone about an event in your life that was really meaningful</p>	<p>22 Ask a loved one or colleague what matters most to them and why</p>	<p>23 Share an inspiring quote with others to give them a boost</p>	<p>24 Do something special today and revisit it in your memory tonight</p>
				<p>29 Think about how your actions make a difference for others</p>	<p>30 Find three good reasons to be hopeful about the future</p>	<p>31 Look up at the sky. Remember we are all part of something bigger.</p>

**ACTION FOR HAPPINESS**

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

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
Keep Calm · Stay Wise · Be Kind