



Us Plus

Mental Health and Wellbeing

Bulletin 9

*Hello everyone,
Although this term is not starting as we would like, I hope this bulletin finds you safe and well. The Action for Happiness Calendar focuses on happiness this month – a great start to the new year. I've also attached a youtube link to an amazing counsellor who talks about looking forward to 2021 and what we've learned from 2020: <https://youtu.be/DNGBG3SmNA8>*

Mrs Taylor

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing me at ktaylor@penrice.org.uk



ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

1 Find three good things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help to brighten their day

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

8 Say positive things to the people you meet today

9 Get moving. Do something physically active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

ACTION FOR HAPPINESS



www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/happier-january