Us Plus
Mental Health and Wellbeing
Bulletin 4

Hello everyone,

Welcome to the fourth bulletin of the Academic Year! This week's bulletin brings you the Action for Happiness 'Optimistic October' Calendar for October with some great ideas to encourage a positive outlook on life.

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 the TIS team at tis@penrice.org.uk

Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Write down three things you can look forward to this month	**2** Find something to be optimistic about (even if it's a difficult time)	**3** Take a small step towards a goal that really matters to you
4 Start your day with the most important thing on your to-do list	**5** Be a realistic optimist. See life as it is, but focus on what's good	**6** Remind yourself that things can change for the better	**7** Look for the good in people around you today	**8** Make some progress on a project or task you have been avoiding	**9** Share an important goal with someone you trust	**10** Take time to reflect on what you have accomplished this week
11 Avoid blaming yourself or others. Find a helpful way forward	**12** Look out for positive news and reasons to be cheerful today	**13** Ask for help to overcome an obstacle you are facing	**14** Do something constructive to improve a difficult situation	**15** Thank yourself for achieving the things you often take for granted	**16** Put down your to-do list and do something fun or uplifting	**17** Take a small step towards a positive change you want to see in society
18 Set hopeful but realistic goals for the week ahead	**19** Identify one of your positive qualities that will be helpful in the future	**20** Find joy in tackling a task you've put off for some time	**21** Let go of the expectations of others and focus on what matters to you	**22** Share a hopeful quote, picture or video with a friend or colleague	**23** Recognise that you have a choice about what to prioritise	**24** Write down three specific things that have gone well recently
25 You can't do everything! What are your three priorities this week?	**26** Find a new perspective on a problem you face	**27** Be kind to yourself today. Remember, progress takes time	**28** Ask yourself, will this still matter a year from now?	**29** Plan a fun or exciting activity to look forward to	**30** Identify three things that give you hope for the future	**31** Set a goal that brings a sense of purpose for the coming month

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