

# Do **one** thing

## for better mental health this World Mental Health Day

Our monthly calendar is packed with actions you can take for better mental health. Use each week to try and focus on the 'Five ways to wellbeing'. The following ideas have been researched and developed by the New Economics Foundation.

[Write Month here]

**Mon** [00]

Talk to someone instead of sending an email

**Tue** [00]

[Write your own ideas in these spaces]

**Wed** [00]

Speak to someone new

**Thu** [00]

**Fri** [00]

Put five minutes aside to find out how someone really is

**Sat** [00]

**Sun** [00]

Have a tea with someone

Do something different today and make a connection

**Mon** [00]

Take the stairs not the lift

**Tue** [00]

**Wed** [00]

Do some 'easy exercise', like stretching

**Thu** [00]

**Fri** [00]

Have a kick-about in a local park

**Sat** [00]

**Sun** [00]

Go for a walk at lunchtime

This week, why not get active?

**Mon** [00]

Take some time to enjoy the moment and the environment around you

**Tue** [00]

**Wed** [00]

Notice the changing seasons

**Thu** [00]

**Fri** [00]

Get a plant

**Sat** [00]

**Sun** [00]

Have a 'clear the clutter' day

Take notice and be in the present

**Mon** [00]

Find out something about your friends, families or colleagues

**Tue** [00]

**Wed** [00]

Do a crossword or Sudoku

**Thu** [00]

**Fri** [00]

Research something you've always wondered about

**Sat** [00]

**Sun** [00]

Start a new book

Focus on learning

**Mon** [00]

Do something nice for a friend, or a stranger

**Tue** [00]

**Wed** [00]

Thank someone

**Thu** [00]

**Fri** [00]

Smile

**Sat** [00]

**Sun** [00]

Look out, as well as in

Give

You can get information and support from Mind:  
[mind.org.uk/information-support](http://mind.org.uk/information-support)