




Mental Health Week Countdown Calendar

MON	TUE	WED	THU	FRI	SAT	SUN
<p>Sept 23</p>	<p>Sept 24</p> <p>Good deeds go both ways...do something for someone</p>	<p>Sept 25</p> <p>Share obscure facts</p> 	<p>Sept 26</p> <p>Take 10 deep breaths and notice how you feel</p>	<p>Sept 27</p> <p>Be gentle with yourself when you make a mistake</p>	<p>Sept 28</p> <p>Get outdoors!</p> 	<p>Sept 29</p> <p>Enjoy a good laugh: watch a funny show or movie and share it with your friends</p>
<p>Sept 30</p> <p>Give someone a genuine complement</p>	<p>October 1</p> <p>Wear something that makes you feel good about yourself</p>	<p>October 2</p> <p>Repeat "Happiness is a choice and today I decide to be happy"</p>	<p>October 3</p> <p>Message someone you have lost contact with</p>	<p>October 4</p> <p>It's called doomscrolling for a reason. Take a social media break</p>	<p>October 5</p> <p>Write down 3 things you are grateful for</p>	<p>October 6</p> <p>Rest a little! Catch up on sleep today</p>
<p>October 7</p> <p>Mental Health Week begins! Full week calendar @ studenthälsan</p> 	<p>October 8</p> <p>Put on your happy song and dance!</p>	<p>October 9</p> <p>Feeling low? Tips for starting a conversation</p> 	<p>October 10</p> <p>Plan something you have always wanted to do but not gotten around to</p>	<p>October 11</p> <p>Repeat "I take control of the things I can change and don't fret those I cannot"</p>	<p>October 12</p> <p>Feedback on mental health week?</p> 	<p>October 13</p> <p>Mental health week may be over but the pursuit for it is not. Ask for help when you need it. You don't need to do everything on your own!</p>