

# MENTAL HEALTH ACTIVITY CALENDAR FOR STUDENTS



- 1.**  
At the end of the day write 3 good things you have achieved 
- 2.**  
Engage in some progressive muscle relaxation 
- 3.**  
Find some time to exercise throughout your day 
- 4.**  
Challenge negative thoughts in a thought diary 
- 5.**  
Talk to someone about how you are feeling 
- 6.**  
Start a to do list 
- 7.**  
If you experience a worry, postpone it to worry time 
- 8.**  
Be present and live in the moment 
- 9.**  
Create an activity diary and schedule in some fun things to do 
- 10.**  
Learn some deep breathing 
- 11.**  
Eat a well balanced diet 
- 12.**  
Ask for help if you are struggling 
- 13.**  
Build a positive sleep environment 
- 14.**  
Practice some self care. Have a bath 
- 15.**  
Be active throughout the day 
- 16.**  
Take a break from social media 
- 17.**  
Surround yourself with people who make you happy 
- 18.**  
Engage in some volunteering 
- 19.**  
Meet up with some friends or family 
- 20.**  
Develop a good support network 
- 21.**  
Unplug from technology 
- 22.**  
Develop a gratitude jar 
- 23.**  
Set some goals that you want to achieve 
- 24.**  
Be aware of your thoughts and feelings 
- 25.**  
Take a break throughout the day 
- 26.**  
Slow down and breathe 
- 27.**  
Do something that makes you happy 
- 28.**  
Get into a good sleep pattern 
- 29.**  
Imagine yourself in a relaxing and happy environment 
- 30.**  
Find what works for you and repeat 