

Gorman and Company Mental Health Calendar



"Every day may not be good, but there is good in every day." The way you look at things and your positive mindset can make a difference in how you experience your day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Make a list of new things you want to do this month.	2 Surprise someone and give them a HUGE smile...just because	3 Find a great joke and tell it to 3 people	4 Stretch, breathe, & reflect. Repeat	5 Ask for help or the opinion of someone you admire	6 Find a great book to read this summer. Its ok to escape!	7 Get outside and enjoy the weather.
8 Read something inspirational.	9 Respond to a difficult situation a different way.	10 Try a new route to where you need to be. Be aware of your journey.	11 Be willing to ask for help.	12 Choose to see something good about what has gone wrong.	13 Catch yourself over reacting and take a breath.	14 Close your eyes. Reflect on your accomplishments of the week.
15 Think about the week ahead. What are you looking forward to?	16 Remember EVERYONE struggles at times. Be patient with yourself.	17 Find a fun way to distract yourself from unhelpful thoughts.	18 Notice when you are being judgmental. Be kind to yourself.	19 Think about what you learned from a recent difficult situation.	20 Pause, breathe and feel your feet firmly on the ground.	21 Journal the positives and negatives of the week.
22 Turn off your computer and phone. It's a tech free day!	23 Confide in someone you trust.	24 Be a realistic optimist~ Focus on what can go right.	25 If you are worried about something, write it down. This simple act can provide clarity.	26 Find something silly. Make yourself laugh.	27 Let go of the small stuff and focus on what matters.	28 Take a brisk walk with a friend.
29 Set yourself an achievable goal for the week.	30 Identify one lesson learned today.	31 If you are sad, share your experience with someone that loves you				