### COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

|   | 1. Make a plan to help you keep calm and stay in contact  
   | 2. Enjoy washing your hands. Remember all they do for you!  
   | 3. Write down ten things you feel grateful for in life and why  
   | 4. Stay hydrated, eat healthy food and boost your immune system  
   | 5. Get active. Even if you’re stuck indoors, move & stretch  
   | 6. Contact a neighbour or friend and offer to help them  
   | 7. Share what you are feeling and be willing to ask for help  
   | 8. Take five minutes to sit still and breathe. Repeat regularly  
   | 9. Call a loved one to catch up and really listen to them  
   | 10. Get good sleep. No screens before bed or when waking up  
   | 11. Notice five things that are beautiful in the world around you  
   | 12. Immerse yourself in a new book, TV show or podcast  
   | 13. Respond positively to everyone you interact with  
   | 14. Play a game that you enjoyed when you were younger  
   | 15. Make some progress on a project that matters to you  
   | 16. Rediscover your favourite music that really lifts your spirits  
   | 17. Learn something new or do something creative  
   | 18. Find a fun way to do an extra 15 minutes of physical activity  
   | 19. Do three acts of kindness to help others, however small  
   | 20. Make time for self-care. Do something kind for yourself  
   | 21. Send a letter or message to someone you can’t be with  
   | 22. Find positive stories in the news and share these with others  
   | 23. Have a tech-free day. Stop scrolling and turn off the news  
   | 24. Put your worries into perspective and try to let them go  
   | 25. Look for the good in others and notice their strengths  
   | 26. Take a small step towards an important goal  
   | 27. Thank three people you’re grateful to and tell them why  
   | 28. Make a plan to meet up with others again later in the year  
   | 29. Connect with nature. Breathe and notice life continuing  
   | 30. Remember that all feelings and situations pass in time  

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys