### RESILIENCE CALENDAR: JUMP BACK JULY 2020

**SUNDAY**
- We can’t control what happens to us, but we can choose how we respond
- 5. Avoid saying "must" or "should" to yourself today
- 12. When things go wrong, be compassionate to yourself
- 19. Notice something positive to come out of a difficult situation
- 26. Get back in touch with a supportive friend and have a chat

**MONDAY**
- 6. Put a problem in perspective and see the bigger picture
- 13. Challenge negative thoughts. Find an alternative interpretation
- 20. Ask yourself: What’s the best thing that can happen?
- 27. Write down 3 things you’re grateful for (even if today was hard)

**TUESDAY**
- 7. Shift your mood by doing something you really enjoy
- 14. Set yourself an achievable goal and make it happen
- 21. If you can’t change it, change the way you think about it
- 28. Catch yourself over-reacting and take a deep breath

**WEDNESDAY**
- 1. Be willing to ask for help when you need it today (and always)
- 8. Get the basics right: eat well, exercise and go to bed on time
- 15. Go for a walk to clear your head when you feel overwhelmed
- 22. Make a list of 3 things that you can feel hopeful about
- 29. Think about what you can learn from a recent challenge

**THURSDAY**
- 2. Make a list of things that you’re looking forward to
- 9. Help someone in need and notice how that gives you a boost too
- 16. When things get tough, say to yourself "this too shall pass"
- 23. Remember that all feelings and situations pass in time
- 30. Ask for help from a loved one or colleague. Be specific

**FRIDAY**
- 3. Adopt a growth mindset. Change "I can’t" into "I can’t... yet"
- 10. Don’t be so hard on yourself. It’s ok not to be ok
- 17. Write your worries down and save them for a specific ‘worry time’
- 24. Choose to see something good about what has gone wrong
- 31. Remember that you are not alone. We all struggle at times

**SATURDAY**
- 4. Find an action you can take to overcome a problem or worry
- 11. Reach out to someone you trust and share your feelings with them
- 18. Let go of the small stuff and focus on the things that matter
- 25. Notice when you are feeling judgemental and be kind instead

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**ACTION FOR HAPPINESS**

Daily actions to look after ourselves and each other as we face this global crisis together

**Keep Calm • Stay Wise • Be Kind**