

february

feel good feb!

2023

monday

tuesday

wednesday

thursday

friday

saturday

sunday

Wherever you are in your wellness journey, do what makes you feel good this February!



Move your body, eat well, be kind to yourself and others.

1 Get into a routine!
Start February strong with a routine. Layout a plan, set some small goals and importantly, make it fun.



2 Speak kindly to yourself.
Name three things you like about yourself.

3 Make some mocktails!
Enjoy an alcohol-free weekend and make some tasty mocktails instead.

4 Join a free exercise class
Have a look online or find a free class in your local community.



5 Take time for the things you love.
Prioritise what brings you joy!

6 Learn a healthy recipe!
Try a new salad recipe or a mouth-watering stir-fry.

7 Safer Internet Day
Learn how you can stay safe online. Check out esafety.gov.au for tips!

8 Do a nice thing for someone else.
Offer up your seat on the bus or train; or let someone go ahead of you in the queue.

9 Join a book club!
Check out your local council library or start one with friends.



10 "Do what you can, with what you have, where you are"
– Theodore Roosevelt

11 Take on a DIY project!
Learn how to fix a squeaky door or build a shelf! Check out some YouTube tutorials to get you started!

12 Eat well!
Meal prep for the week ahead. Eating well helps us to maintain a healthy headspace.

13 Explore art galleries and museums.
Use google Arts & Culture for a virtual tour of different exhibits around the world!

14 Valentine's day!
Practice some self-love today. Write yourself a card or buy your own flowers!

15 Text someone goodnight.



16 Try deep breathing.
Regain a sense of peace and calm with some deep breathing exercises.

17 Take in the moment.
Notice the good stuff around you. Take some extra time to really enjoy it.

18 Use art, music or journaling to express yourself.

19 Spend time with family, friends or people in your community.

20 Do some stargazing!
Head outside tonight and look up at the stars. Search for constellations and shooting stars.

21 International Mother Language Day.
Celebrate culture and diversity today.

22 Remember:
"Nothing can dim the light from within you"
– Maya Angelou

23 Introduce yourself.
Introduce yourself to someone at work or school. You never know, you might just make a new friend!

24 Take a reusable cup.
You'll reduce waste and feel more connected to the planet.

25 It's Mardi Gras!
Join in on the festivities or watch the Mardi Gras parade live on ABC TV.



26 Set yourself a budget!
Be money smart and set some goals. Visit: headspace.org.au/budgeting

27 Take a different route.
Try taking a different route to work or school and pay attention to your new surroundings.

28 Pamper yourself.
Take a bubble bath, do your own manicure or facemask.



Sign up to our newsletter for news, tips and happenings in the world of mental health.

For online resources and support, join eheadspace: headspace.org.au/eheadspace

We are here to help you have a good day today and tomorrow. This starts with looking after your mental health and overall wellbeing. Use this calendar to try out a different healthy habit each day.



headspace acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

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By **STRIDE** For better mental health