

january

is all about self-compassion!

2023

monday

tuesday

wednesday

thursday

friday

saturday

sunday

Self-compassion is having the same compassion towards yourself that you have towards others. Practicing self-compassion includes:



Being mindful: Recognising when you're stressed or struggling without being judgemental or over-reacting.



Treating yourself with kindness: Being supportive and understanding towards yourself when you're having a hard time, rather than being critical of yourself.



Connecting with others: Remembering that everyone makes mistakes and experiences difficulties at times. You are not alone.

1 Happy New Year!

Take a moment today to reflect, restore and reset for the year ahead.

2 Smile at a stranger.
Try smiling at a stranger today – you never know how much it could brighten their day!

3 Spend 10 minutes meditating.



4 Dance!
Play a favourite song and dance like no one is watching!

5 Celebrate something you did well today.

6 Disconnect from screens.
Aim for 1 hour of screen-free time.

7 Do something you've been putting off.

8 Write a letter to yourself.
It could include words of wisdom or goals for the future. Remember to be kind and gentle with yourself.

9 Do a puzzle!
Challenge your mind with a jigsaw puzzle, sudoku or crossword.

10 Complimenting someone.
Aim to give at least one genuine compliment every day this week.

11 Be in the moment.
Stop for a moment, and think about 5 things you can see, hear, smell and feel.

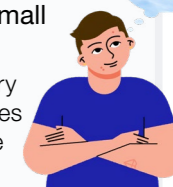
12 Learn a new skill!
It could be anything... learn to boil an egg, or learn to roller skate!



13 Call an old friend for a catch-up.

14 Spend some time outside.
Go for a walk or do some gardening.

15 Set yourself 1 small goal next week.
You might like to try eating more veggies or spend less time on social media.



16 Stay hydrated!
Aim to drink around 2 litres (8 cups) of water today.



17 Treat yourself as you would treat a friend.
Practice being patient and kind to yourself.

18 Say thank you.
Say "thank you" to someone for something they've done for you.

19 Stand up more.
Try to stand up and stretch regularly throughout the day.

20 Spend 15 minutes listening to music or an audio book.

21 Write down five nice things about yourself.

22 Go to bed early.
A little extra sleep can have big benefits for how you feel the next day.

23 Leave positive notes.
Try sticking post-it notes with nice messages around your house or workplace.

24 Start a new hobby.
Choose something that interests you, like drawing, reading, knitting or hiking!

25 Take care of the planet.
Pick-up 5 pieces of rubbish or start saving your food scraps and take them to a local community composting hub.

26 Australia / Survival Day
Take time to acknowledge and learn about our nation's past.



27 Ask for help
Notice the moments you feel overwhelmed and ask someone for help.

28 Aim to stretch or move your body for 20 minutes today.



29 Revisit an old favourite
Re-read your favourite book, or re-watch your favourite childhood movie

30 Tidy up your bedroom or space.

31 Write down 3 things you're grateful for.



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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