

MARCH 2021 HAPPINESS DAY GRATITUDE CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
Look for one thing to say positively to someone today 1	Make a list of new things you want to do this month 2	Offer to help someone who is facing difficulties at the moment 3	Bring joy to others - share something that made you laugh 4	Congratulate someone for an achievement that may go unnoticed 5	Encourage a colleague through an E-Card 6	Plan a new activity or idea you want to try out this week 7
Thank your local service providers 8	Attend The Science of Happiness lunch & learn 9	Call a friend or relative to say hello and have a chat 10	Enjoy new music today. Play, sing, dance or listen. 11	When you feel you can't do something, add the word "yet" 12	Get outside. Enjoy and be kind to nature 13	Support our students – donate to the Campus Food Bank 14
Put your worries into perspective, then try to let them go 15	Be kind to the planet. Pick up litter dropped near a bin 16	Plan a virtual coffee break with a colleague 17	Take a small step towards an important goal 18	Leave a positive note for someone to find 19	Do three unexpected acts of kindness for others 20	Look out for positive news and reasons to be cheerful 21
Remember: joy is all around us if we have eyes to see it 22	Give yourself a boost. Try a new way of moving your body 23	Make progress on a project or task you've been avoiding 24	Watch or read biography of someone who inspires you 25	Share what you are feeling and be willing to ask for help 26	Get back in contact with an old friend you miss 27	Nourish your body – use these easy Healthy Eating resources 28
Take the EFAP eCourse Responsible Optimism 29	Think of three things that give you hope for the future 30	Remember: all feelings and situations pass in time 31	 <p>partners in DAYS OF ACTION</p>			

Encourage more generosity, kindness, enthusiasm and connection – share this calendar with others