The Year of Emotional Safety

mind
celebrations
JAN 01
S M T W T F S
1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30
31
Switch Off
• Create a Digital Creche at home.
• Wake up without a phone, use an alarm clock
• Spend one day every week without a digital device.

mind celebrations

Emotional Fitness

FEB 02

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

- It's Okay, Not to be Okay!
- Have the courage to say: "I need help."
- Break the stigma of Mental Health.

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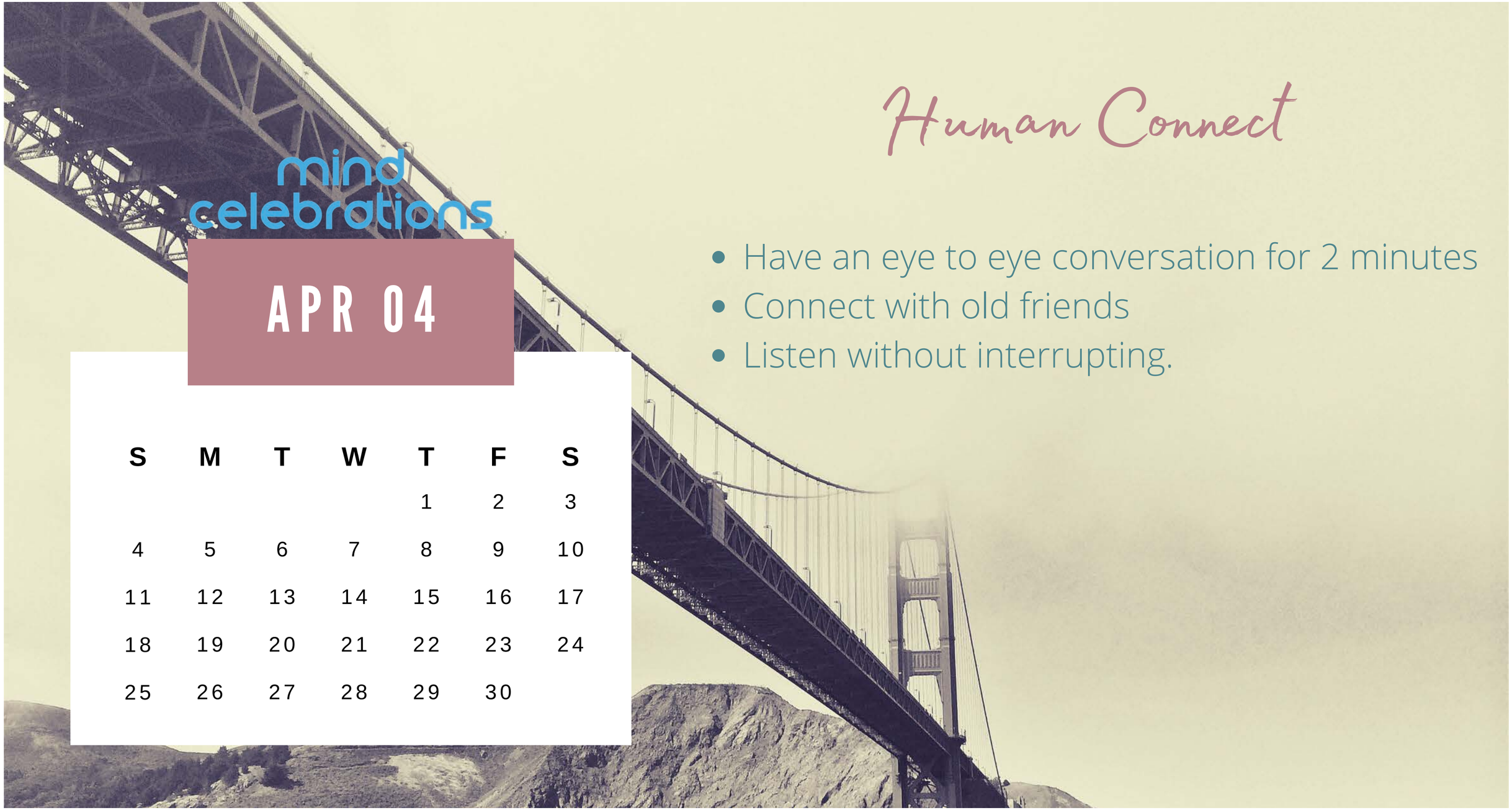
MAR 03
S M T W T F S
1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30 31
Renewable Mind
• Get minimum 7 hours of sleep each night.
• Be aware of your thoughts as you eat.
• 90 minutes before bedtime, no screens



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APR 04

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Human Connect

- Have an eye to eye conversation for 2 minutes
- Connect with old friends
- Listen without interrupting.

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MAY 05

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

YOU Matter

- Ask yourself, "What am i really really feeling?"
- Use an **emotional waste basket** everyday.
- Appreciate and hug yourself everyday.

Focus *Matters*

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JUNE 06

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- **Work for 90 minutes**
- **Take 20 minutes break, stretch**
- **Do the tough jobs at the start.**

TECH free zone

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JULY 07

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- Wake up, do not use phone for 60 minutes
- Eat without digital devices

www.mindcelebrations.com

Emotional First Aid

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AUG 08

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- Practise empathetic listening.
- Create an Emotional First Aid kit.
- Release unwanted emotions.

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Re-fuel

SEPT 09

S	M	T	W	T	F	S
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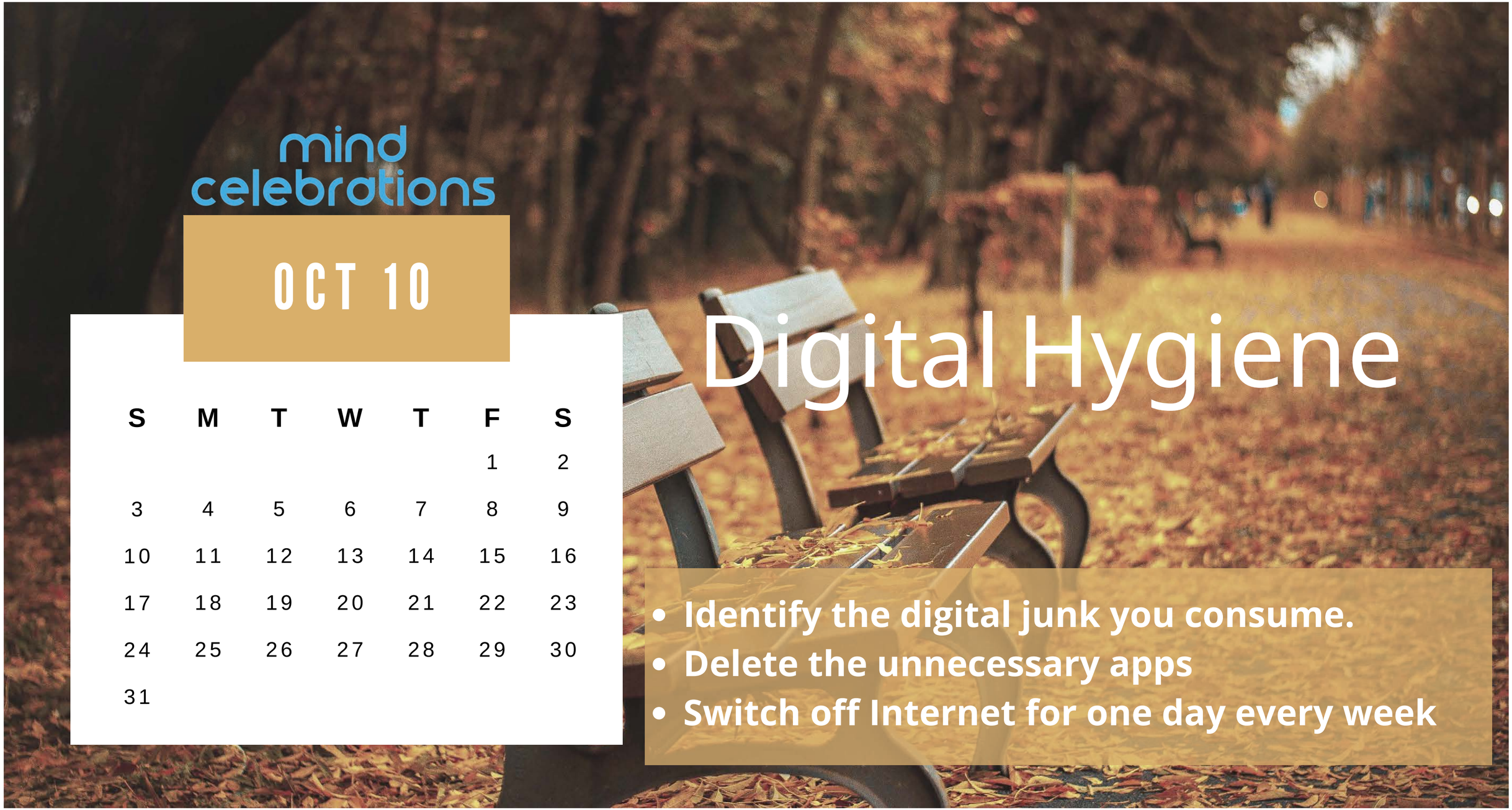
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- Breathe in and out with a sound every one hour.
- Practice meditation every day.
- Listen to sounds of Mother Nature each day.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OCT 10
S M T W T F S
1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30
31
Digital Hygiene
• Identify the digital junk you consume.
• Delete the unnecessary apps
• Switch off Internet for one day every week

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DEC 12
Spiritual
S M T W T F S
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 31
• Practice silence for a day.
• Be thankful for the year. Every good and bad experience.
• This festive season. Don't call. Show up.

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#EACHONETOREACHONE

- Share the Calendar
- Spread EMOTIONAL SAFETY
- Take the assessment at www.mindcelebrations.com