# Action Calendar – Jump Back Up July 2024

## Jump Back Up July - Day 1 Monday

## Take a small step to help overcome a problem or worry

## Jump Back Up July - Day 2 Tuesday

## Adopt a growth mindset. Change "I can't" into "I can't…yet"

## Jump Back Up July - Day 3 Wednesday

## Be willing to ask for help when you need it

## Jump Back Up July - Day 4 Thursday

## Find something to look forward to today

## Jump Back Up July - Day 5 Friday

## Get the basics right: eat well, exercise and go to bed on time

## Jump Back Up July - Day 6 Saturday

Pause, breathe and feel your feet firmly on the ground

## Jump Back Up July - Day 7 Sunday

Shift your mood by doing something you really enjoy

## Jump Back Up July - Day 8 Monday

Avoid saying "must" or "should" to yourself today

## Jump Back Up July - Day 9 Tuesday

Put a problem in perspective by seeing the bigger picture

## Jump Back Up July - Day 10 Wednesday

Reach out to someone you trust and share your feelings with them

## Jump Back Up July - Day 11 Thursday

Look for something positive in a difficult situation

## Jump Back Up July - Day 12 Friday

Write your worries down and save them for a specific 'worry time’

## Jump Back Up July - Day 13 Saturday

Challenge negative thoughts. Find an alternative interpretation

## Jump Back Up July - Day 14 Sunday

Get outside and move to help clear your head

## Jump Back Up July - Day 15 Monday

Set yourself an achievable goal and take the first step

## Jump Back Up July - Day 16 Tuesday

Find fun ways to distract yourself from unhelpful thoughts

## Jump Back Up July - Day 17 Wednesday

Use one of your strengths to overcome a challenge today

## Jump Back Up July - Day 18 Thursday

Let go of the small stuff and focus on the things that matter

## Jump Back Up July - Day 19 Friday

If you can't change it, change the way you think about it

## Jump Back Up July - Day 20 Saturday

When things go wrong, pause and be kind to yourself

## Jump Back Up July - Day 21 Sunday

Identify what helped you get through a tough time in your life

## Jump Back Up July - Day 22 Monday

Find 3 things you feel hopeful about and write them down

## Jump Back Up July - Day 23 Tuesday

Remember that all feelings and situations pass in time

## Jump Back Up July - Day 24 Wednesday

Choose to see something good about what has gone wrong

## Jump Back Up July - Day 25 Thursday

Notice when you are feeling judgmental and be kind instead

## Jump Back Up July - Day 26 Friday

Catch yourself over-reacting and take a deep breath

## Jump Back Up July - Day 27 Saturday

Write down 3 things you're grateful for (even if today was hard)

## Jump Back Up July - Day 28 Sunday

Think about what you can learn from a recent problem

## Jump Back Up July - Day 29 Monday

Be a realistic optimist. Focus on what could go right

## Jump Back Up July - Day 30 Tuesday

Reach out to a friend, family member or colleague for support

## Jump Back Up July - Day 31 Wednesday

Remember we all struggle at times - it's part of being human