# Action Calendar – Jump Back Up July 2022

## Jump Back Up July - Day 1 Friday

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

## Jump Back Up July - Day 2 Saturday

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

## Jump Back Up July - Day 3 Sunday

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

## Jump Back Up July - Day 4 Monday

## Find something to look forward to today

## Jump Back Up July - Day 5 Tuesday

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

## Jump Back Up July - Day 6 Wednesday

Pause, breathe and feel your feet firmly on the ground

## Jump Back Up July - Day 7 Thursday

Shift your mood by doing something you really enjoy

## Jump Back Up July - Day 8 Friday

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

## Jump Back Up July - Day 9 Saturday

Put a problem in perspective by seeing the bigger picture

## Jump Back Up July - Day 10 Sunday

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

## Jump Back Up July - Day 11 Monday

Look for something positive in a difficult situation

## Jump Back Up July - Day 12 Tuesday

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

## Jump Back Up July - Day 13 Wednesday

Challenge negative thoughts. Find an alternative interpretation

## Jump Back Up July - Day 14 Thursday

Get outside and move to help clear your head

## Jump Back Up July - Day 15 Friday

Set yourself an achievable goal and take the first step

## Jump Back Up July - Day 16 Saturday

Find fun ways to distract yourself from unhelpful thoughts

## Jump Back Up July - Day 17 Sunday

Use one of your strengths to overcome a challenge today

## Jump Back Up July - Day 18 Monday

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

## Jump Back Up July - Day 19 Tuesday

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

## Jump Back Up July - Day 20 Wednesday

When things go wrong, pause and be kind to yourself

## Jump Back Up July - Day 21 Thursday

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

## Jump Back Up July - Day 22 Friday

Find 3 things you feel hopeful about and write them down

## Jump Back Up July - Day 23 Saturday

Remember that all feelings and situations pass in time

## Jump Back Up July - Day 24 Sunday

Choose to see something good about what has gone wrong

## Jump Back Up July - Day 25 Monday

Notice when you are feeling judgmental and be kind instead

## Jump Back Up July - Day 26 Tuesday

Catch yourself over-reacting and take a deep breath

## Jump Back Up July - Day 27 Wednesday

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

## Jump Back Up July - Day 28 Thursday

Think about what you can learn from a recent problem

## Jump Back Up July - Day 29 Friday

Be a realistic optimist. Focus on what could go right

## Jump Back Up July - Day 30 Saturday

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

## Jump Back Up July - Day 31 Sunday

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