

FRESH START FEBRUARY

The last ten months have been difficult- a pandemic, political and social unrest, financial distress, isolation, and loneliness. We have been tested in ways we couldn't have imagined a mere year ago.

In trying to deal with the ever-changing circumstances many have turned to unhealthy ways of coping.

Fresh Start February offers a chance to start over.

Can you change your life in 28 days? We think you can!

By investing 10-20 minutes a day in yourself and focusing on your mental health, you are taking an important step forward in changing your life. These daily activities are based on proven concepts for improving mental health - practicing mindfulness, expressing gratitude, checking in with yourself, reducing screen time, and moving your body. Each day, take note of how you feel before and after you complete the daily activity. If an activity makes you feel better, keep doing it! By the end of the month, you will have tried 28 positive coping strategies. Take the ones that you most connect with and make them a part of your mental health toolbox.

We can come out of this pandemic mentally stronger.

Sometimes all we need is a fresh start!



FRESH START FEBRUARY

WEEK 1

MONDAY

01

It is easy to become focused on the past or the future. Mindfulness helps us stay in the present. Watch this 11-minute video for an **Introduction to Mindfulness-Anchor Breath Video**

TUESDAY

02

Wake up 10 minutes earlier. Use that time for prayer, quiet meditation, or gratitude. Start your day on a peaceful note.

WEDNESDAY

03

Take a 15-minute walk in nature. Begin your walk with deep breaths. Pay attention to the sounds, smells, and sights around you.



THURSDAY

04

Commit to taking a break from social media. Start with an hour, an evening, or an entire day.

FRIDAY

05

Start a journal. Take care in choosing an appropriate vessel for your thoughts. The best journal is the one you will want to use!



SATURDAY

06

Try some bite-size inspiration while you enjoy a cup of coffee. Choose a **3 minute TED talk** or **Try Something New for 30 Days.**

SUNDAY

07

Create a special space that is yours alone (can be as small as a desktop or as big as a whole room). Use favorite colors, scents, quotes, or artwork to make it your own.

WEEKLY MOTIVATION

"A fresh start isn't a new place, it's a new mindset."

FRESH START FEBRUARY

WEEK 2

MONDAY

08

Mindfulness Monday- Try this simple but soothing exercise to focus on your body.

Listen to what it is saying.

Body Scan Video -19 mins

TUESDAY

09

Recall a favorite song. Listen to it without distraction, focus on the lyrics, pay attention to the memories and emotions the song evokes.



WEDNESDAY

10

Go for an after-dinner walk. Take note of the changing colors of the sky, observe the lengthening of the days.

THURSDAY

11

Find a favorite quote, verse, or affirmation. Write it down and put it in a place where you can see it each day.

FRIDAY

12

Instead of reaching for your phone first thing in the morning or last thing at night, reach for a book. Keep a favorite next to your bed.

SATURDAY

13

Phone a friend! Call someone whom you haven't spoken to in a while. Enjoy the feeling of connection.

SUNDAY



14

Write a letter of gratitude to someone who means a lot to you or who has had a positive influence in your life.



WEEKLY MOTIVATION

"You must be willing to give up what you are to become what you want to be."

Oriin
Woodward

FRESH START FEBRUARY

WEEK 3

MONDAY

15

Mindfulness Monday
Practice eating in a mindful way focused on your meal, full of appreciation for your food and the path it has taken to get to you.

Mindful Eating- 10 Mins

TUESDAY

16

Declutter a drawer (start small), cabinet, or closet. The act of decluttering lowers stress and anxiety levels and leaves you with a tangible improvement you can enjoy.

WEDNESDAY

17

Try some simple stretches or yoga moves to gently close your day and improve your sleep. Click on link for examples:

Nighttime stretches

THURSDAY

18

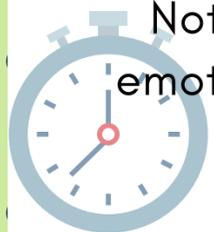
Do one thing you have been putting off, enjoy the sense of accomplishment.



FRIDAY

19

Set a timer and write for 5-10 minutes as a way of checking in with yourself. Notice any themes or emotions that emerge in your writings.



SATURDAY

20

Listen to a wellness podcast to learn new ways of taking care of your mind and body. Click on links for suggestions:

Mental Health
Motivational

SUNDAY

21

Choose a book you have been wanting to read. Set a goal to read 10 pages at a time. Make reading a book part of your day.

WEEKLY MOTIVATION

"You may have a fresh start any moment you choose for this thing we call 'failure' is not the falling down, but the staying down."

Mary Pickford

FRESH START FEBRUARY

WEEK 4

MONDAY

22

Mindfulness Monday
Gratitude turns what we have into *enough*. Learn 3 ways to practice gratitude in your daily life.

Gratitude Video- 10 mins

TUESDAY

23

Practice Gratitude-
In your journal, write down 3 things you are thankful for and explain why. Keep a running list that you can reflect on.

WEDNESDAY

24

Go outside at night and look at the stars. Try to identify constellations. Notice the phase of the moon. Ponder your place in the universe.



THURSDAY

25

Take a break from the screens and fill your free moments with games- cards, board games, or physical activities. Engage different parts of the mind and body.

FRIDAY

26

Plan a future event! This can be an actual upcoming event or something you aspire to do. Include as many details as you'd like.

SATURDAY

27

Join a virtual book club!
Discussing a book with others is a great way to motivate yourself to read and to connect with others.

Local Book Discussions

SUNDAY

28

Create a new morning or evening routine using some of the activities you've tried this month.
Congratulate yourself for making a fresh start!

WEEKLY MOTIVATION

"We cannot become what we want by remaining what we are."

Max Dupree