# Action Calendar – Jump Back Up July 2023

## Jump Back Up July - Day 1 Saturday

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

## Jump Back Up July - Day 2 Sunday

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

## Jump Back Up July - Day 3 Monday

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

## Jump Back Up July - Day 4 Tuesday

## Find something to look forward to today

## Jump Back Up July - Day 5 Wednesday

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

## Jump Back Up July - Day 6 Thursday

Pause, breathe and feel your feet firmly on the ground

## Jump Back Up July - Day 7 Friday

Shift your mood by doing something you really enjoy

## Jump Back Up July - Day 8 Saturday

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

## Jump Back Up July - Day 9 Sunday

Put a problem in perspective by seeing the bigger picture

## Jump Back Up July - Day 10 Monday

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

## Jump Back Up July - Day 11 Tuesday

Look for something positive in a difficult situation

## Jump Back Up July - Day 12 Wednesday

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

## Jump Back Up July - Day 13 Thursday

Challenge negative thoughts. Find an alternative interpretation

## Jump Back Up July - Day 14 Friday

Get outside and move to help clear your head

## Jump Back Up July - Day 15 Saturday

Set yourself an achievable goal and take the first step

## Jump Back Up July - Day 16 Sunday

Find fun ways to distract yourself from unhelpful thoughts

## Jump Back Up July - Day 17 Monday

Use one of your strengths to overcome a challenge today

## Jump Back Up July - Day 18 Tuesday

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

## Jump Back Up July - Day 19 Wednesday

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

## Jump Back Up July - Day 20 Thursday

When things go wrong, pause and be kind to yourself

## Jump Back Up July - Day 21 Friday

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

## Jump Back Up July - Day 22 Saturday

Find 3 things you feel hopeful about and write them down

## Jump Back Up July - Day 23 Sunday

Remember that all feelings and situations pass in time

## Jump Back Up July - Day 24 Monday

Choose to see something good about what has gone wrong

## Jump Back Up July - Day 25 Tuesday

Notice when you are feeling judgmental and be kind instead

## Jump Back Up July - Day 26 Wednesday

Catch yourself over-reacting and take a deep breath

## Jump Back Up July - Day 27 Thursday

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

## Jump Back Up July - Day 28 Friday

Think about what you can learn from a recent problem

## Jump Back Up July - Day 29 Saturday

Be a realistic optimist. Focus on what could go right

## Jump Back Up July - Day 30 Sunday

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

## Jump Back Up July - Day 31 Monday

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