


















# January 2026

Take a *mental health moment* for yourself and others.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	 <b>Pause for 2 minutes</b> Close your eyes. Take 3 deep breaths.	 <b>Stretch it out</b> Move your neck, back, and shoulders.	 <b>Hydrate mindfully</b> Drink a glass of water slowly.	 <b>Gratitude check</b> Write down one thing you're grateful for.	 <b>Take a screen break</b> Step away from your desk for 5 minutes.	 <b>Have a nature moment</b> Look outside or go for a walk.
 <b>Positive self-talk</b> Say one kind thing to yourself out loud.	 <b>Name your win</b> Think of one thing you accomplished today.	 <b>Connect with someone</b> Check in with a colleague or friend.	 <b>Declutter your space</b> Tidy one small area of your workplace.	 <b>Enjoy a mindful snack</b> Take the time to eat something slowly.	 <b>Listen to music</b> Enjoy some of your favorite songs.	 <b>Write it out</b> Jot down one thing that's on your mind.
 <b>Think to the future</b> Name one thing you're looking forward to.	 <b>Do something kind</b> Do one small kind act for someone else.	 <b>Get natural light</b> Step outside or by a window for 3 minutes.	 <b>Bell Let's Talk</b> Give mental health the moment it deserves.	22	23	24
25	26	27	28	29	30	31

Print this calendar and keep it at your desk or somewhere that's easily seen by your team. These prompts are a reminder to take a mental health moment this January, ahead of **Bell Let's Talk Day**.