

# February

## CONNECT

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01

Make a list of ways to connect with yourself and others. Try one!

02

Compliment someone today.

03

Listen to a meditation in the Relationship to Others Series.

04

Perform a random act of kindness.

05

Detox from your devices. Go offline for at least 30 minutes.

06

Ask a loved one to share 3 things they love about you. Then do the same for them.

07

Come home to your breath with one of Calm's breathing exercises.

08

Reach out to someone that means a lot to you. It's good for your health.

09

Start planning a meaningful Valentine's Day hangout with someone special.

10

Do the Daily Calm with a friend today. Share your experience.

11

Date yourself! Plan some time just for you with your favorite activities, treats and music.

12

Schedule at least 15 minutes of pure enjoyment into your day.

13

Play a soundscape and transport yourself somewhere calming.

14

Write yourself a love note.

15

Open up to a trusted friend about something on your mind.

16

Make your lunch with extra care today.

17

Inhale and think of something you're grateful for. Exhale gratitude. Repeat 5 times.

18

Be kind to someone you find challenging.

19

Text a friend and let them know why you care about them.

20

Look up at the sky and notice how it makes you feel.

21

Make space in your day for some YOU time.

22

Massage your face and focus on the places you hold tension.

23

Share a favorite meditation/music/Sleep Story with a friend.

24

Spend time outside today. It may improve your mood.

25

Notice any unkind thoughts you have and offer yourself compassion.

26

Place a hand on your heart and take 3 deep breaths.

27

Connect to your body during the Daily Move.

28

Write down three things you've learnt about connection.

