



April 2021 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Make a plan to help you keep calm	2 Anchor Center WebEx meeting 1:30 - 3:00	3 Enjoy washing your hands. Remember all that they do for you
4 	5 Share what you are feeling and be willing to ask for help	6 Anchor Center WebEx meeting 1:30 - 3:00	7 Take five minutes to sit and breathe. Repeat regularly	8 Call a loved one to catch up and really listen to them	9 Anchor Center WebEx meeting 1:30 - 3:00	10 Stay hydrated, eat healthy food, & boost your immune system
11 Get active. Even if you're stuck in doors, move and stretch	12 Get good sleep. No screens before bed or when waking up	13 Anchor Center WebEx meeting 1:30 - 3:00	14 Notice five things that are beautiful in the world around you	15 Immerse yourself in a good book, TV show, or podcast	16 Anchor Center WebEx meeting 1:30 - 3:00	17 Learn something new or do something creative
18 Make time for self care. Do something kind for yourself	19 Find something positive in the news and share it with others	20 Anchor Center WebEx meeting 1:30 - 3:00	21  Virtual Bingo @4:30pm	22 Look for the good in others and notice their strengths	23 Anchor Center WebEx meeting 1:30 - 3:00	24 Do three acts of kindness to help others, however small
25 Connect with nature. Breathe and notice life continuing	26 Send a message or letter to someone you can't be with	27 Anchor Center WebEx meeting 1:30 - 3:00	28 Take a small step towards an important goal	29 Remember that all feelings and situations pass in time	30 Anchor Center WebEx meeting 1:30 - 3:00	

**Anchor Center
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