

November 2020: Take Notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	It's Stress Awareness Week! Do you notice when you get stressed?		Read through the NHS's Stress self-help leaflet		Have you read our news post on why taking notice is important?	
8	9	10	11	12	13	14
		Follow Every Mind Matters' breathing exercise video for a mindful break today.			Notice how you're feeling, and take a break when you need to.	
15	16	17	18	19	20	21
	Anti-bullying week Alcohol awareness week	Watch this short video on alcohol and mental health .		Have you read the SUSSED posts about Anti-bullying Week?		
22	23	24	25	26	27	28
Have you noticed a friend acting slightly differently? Why not start a conversation and see how they are feeling?			Check out the Meditation Society – it's never too late to join!			Stop, breathe, and notice the sounds around you.
29	30					
	Take notice of the positive things you have done so far in Semester 1 - celebrate these!					