

Wellbeing support calendar

Joyful July

Week 1

JOYFUL REFLECTIONS

1

Consider what the word 'joy' means to you. Write it down. Spend time reflecting on it as you go about your day.

2

Ask those around you what 'joy' means to them. Reflect on how it is different or similar to your own.

3

What brings you joy in your life – now or in the past? Write it down.

4

Ask people in your life what brings them joy. Reflect on how it is different or similar to your own.

5

Note three things that happen today that give/gave you joy – that were unexpected. If you couldn't find three, set a goal to notice three tomorrow.

6

Note how you feel after spending time watching the news or being on social media. Does it give you joy? If not – allocate that time to something you have identified that brings you joy.

7

Reflect on whether turning your attention to joy affected your experience or not this week. Journal your thoughts.

Week 2

JOYFUL ACTIVITIES

8

Allocate all your attention for a specified time frame to interacting with an animal in your life. If you don't have an animal, go into nature and see if you can notice joy within the natural environment.

9

Get creative around the house, start a new project or find new ways of repurposing household items.

[Creative DIY projects](#)

10

Find a game you have never played before and try it with your family/friends.

11

Try mindful colouring – print a colouring activity from the internet or find something you already have at home and colour it in.

[Mindful colouring](#)

12

Reflect on how your body moves. What movements give you joy? Set a goal for moving with joy each day this month.

[Physical activity goals](#)

13

Make your favourite hot drink and read a chapter of a book.

14

Review your old photos, note any that bring you joy and display or store these in a way that can bring you regular reminders.

Week 3

JOYFUL RELATIONSHIPS

15

Plan a catch up with somebody that brings you joy when you spend time with them.

16

Take notice of any 'small acts of love' people around you do and share your appreciation and joy with them.

17

Find a way you connect with a group of people in a joyful activity, such as an online singing group.

[Just a GP podcast](#)

18

Notice people around you in connection with one another. How does 'joy' show up in their interaction?

19

Today take note anytime someone shares 'joy' with you. How is it displayed? Take a mental or physical note to reflect on at the end of the day.

20

Identify someone in your life that could benefit from an 'act of kindness' and make an effort to do this for them today. Note if this brings joy to them, to you, or both. Write about your experience (whether joyful or not) in a journal.

21

Share with your team something that brings you joy in your workplace.

Week 4

SENSORY JOY

22

Find a song that brings you joy. Dance to it each day before you begin the formal part of your day.

23

Notice one thing you see that brings you joy – photograph it and make it your background on a device you use regularly.

24

Find something that smells like 'joy.' A fragrance, food or piece of nature. Take time to smell it and smile. Put it somewhere you can refer back to it regularly.

25

Find something that when you taste it – you feel 'joy.' Spend five minutes focusing only on the taste and notice how your feeling of joy changes in this time.

26

Find an object that brings you 'joy' when you connect physically with it. Allocate time to appreciate just the sense of touch – notice the sense both of you touching it as well as the internal sense, underneath your skin.

27

Put on a piece of clothing that brings you 'joy' and wear it for the day.

28

Venture into nature. Practice tuning into each sense and notice something that is joyful within each sense.

Week 5

JOYFUL HABITS

29

Allocate time in your schedule to regularly do something that brings you joy.

30

Create time where you can reflect on whether you were able to create space for joy in your life.

31

Make 'joy' easy. Find one 'act of joy' small enough that you could continue to do it every day next month.