

ACTIVE COPING CALENDAR - APRIL 2020

The world is in crisis. Keep Calm, Stay Wise & Be Kind.

This **Active Coping Calendar** has daily actions for **April 2020** to help us look after ourselves and each other as we face this global crisis together. Download as an [image for sharing](#) or a [PDF for printing](#). Please pass on to others * **Add your details below to receive future calendars** *

ACTIVE COPING CALENDAR: APRIL 2020

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS  www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together **Keep Calm - Stay Wise - Be Kind**

** Download the actions to your calendar using this [Google Calendar](#) or [iCalendar file](#).

There is also a [B&W PDF version](#) for those who want to print out in **black & white** and a [text-only version](#) for use with **screen readers**.

And there are also different language versions of the calendar available too:

- **Catalan:** [PDF](#) & [JPG](#)
- **Chinese:** [PDF](#) & [JPG](#)
- **Chinese (traditional):** [PDF](#) & [JPG](#)
- **Croatian:** [PDF](#) & [JPG](#)
- **Czech:** [PDF](#) & [JPG](#)
- **Dutch:** [PDF](#) & [JPG](#)
- **French:** [PDF](#) & [JPG](#)
- **German:** [PDF](#) & [JPG](#)
- **Hungarian:** [PDF](#) & [JPG](#)
- **Icelandic:** [PDF](#) & [JPG](#)

COVID-19: Our Response

These are our 3 key principles for responding constructively to the COVID-19 pandemic:

1. Listen to the experts
2. Keep calm (but don't carry on)
3. Make wise & kind choices



Please read our full [COVID-19 Response](#) for more details.

COVID-19 RESPONSE

What does this all mean for AfH courses and events?

We are recommending that public gatherings are postponed for a few months to help stop the spread of COVID-19.

If you are a course or event organiser or attendee, please [read more here](#).



- Italian: [PDF](#) & [JPG](#)
- Japanese: [PDF](#) & [JPG](#)
- Lithuanian: [PDF](#) & [JPG](#)
- Polish: [PDF](#) & [JPG](#)
- Portuguese: [PDF](#) & [JPG](#)
- Russian: [PDF](#) & [JPG](#)
- Spanish: [PDF](#) & [JPG](#)
- Swedish: [PDF](#) & [JPG](#)
- Turkish: [PDF](#) & [JPG](#)
- Ukrainian: [PDF](#) & [JPG](#)

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Viktor Frankl

Send me monthly calendars :)

I would like to be notified each month when the latest action calendar is available.

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<http://www.actionforhappiness.org/privacy>

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POSTER #7: RESILIENCE

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THANKS

This calendar is a new addition to our series of [monthly action calendars](#) which have been used by millions of people and translated into 20+ languages.

Thanks to **Peter Harper** for coming up with the original calendar idea and also to the many other kind and talented people who have helped contribute the ideas and inspiration, including **Patrick Higgins** who first suggested the idea of a new calendar in response to this global crisis.

Many thanks also to the generous volunteers who have translated the calendars into other languages, including **Jaber & Nailah Aljasmī** (Arabic), **Sevdzhi Eubova** (Bulgarian), **Janice Torkildsen** (Chinese & Nepalese), **Natalie Lui** and **Yun You** (Chinese), **Renata Sušanj & Dalibor Sever** (Croatian), **Gabriela Macova** (Czech), **Martine De Ruiter** (Dutch), **Anna Langley** (Esperanto), **Laurence De Olivera & Windy Diakité** (French), **Rika Tjakea Schütte**, **Tobias Polzin**, **Ingrid Schäberle & Yvonne Macasieb**, (German), **Marina Derlere** (Greek), **Eva Fekete** (Hungarian), **Andrea Magnabosco** (Italian), **Narumi Isoda** (Japanese), **Rasa Kokoreviča** (Latvian), **Janina Sabaite** (Lithuanian), **Marek Zywert & Lidia Golba** (Polish), **Ana Rute Costa** (Portuguese), **Oana Mindrut** (Romanian), **Natalya Kuznetsova** (Russian), **Mária Bofanská** (Slovak), **Vicenç Rul.ian** (Spanish & Catalan), **Naima Skillingshage** (Swedish), **Ali Gülüm**, **Ceylan Özpınar** and **İlgin Bayraktar** (Turkish) and **Kate Rudenko & Olga V. Seredyuk** (Ukrainian).



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Supporting
the
movement



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