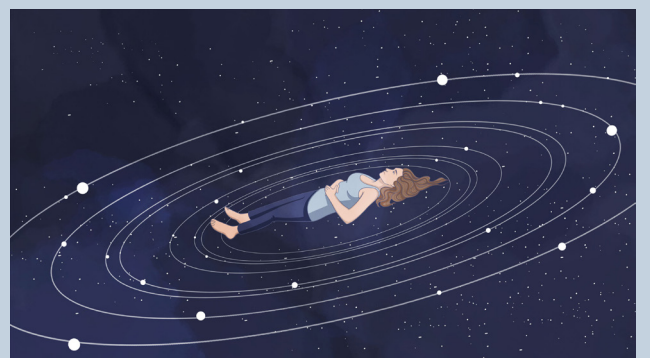
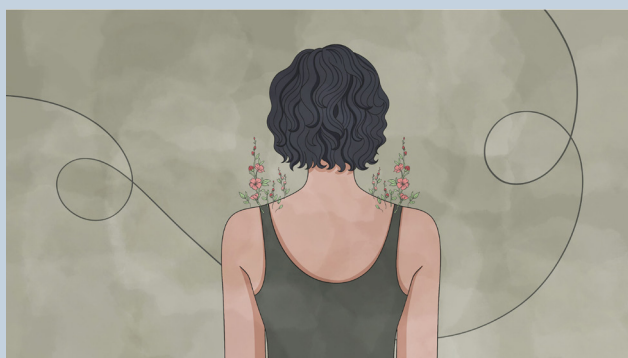
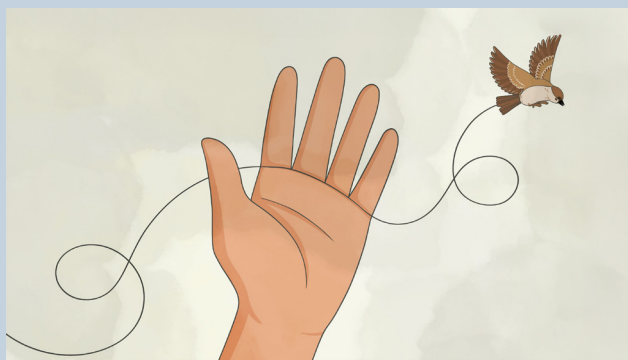
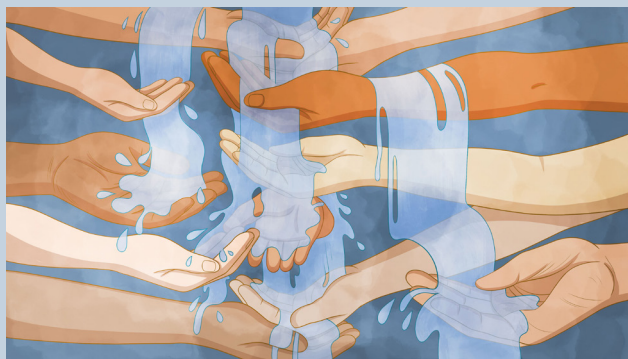


# WELL-BEING CALENDAR 2026



**MHPSS**  
INTERNATIONAL  
MOVEMENT  
HUB



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# JANUARY

# 2026



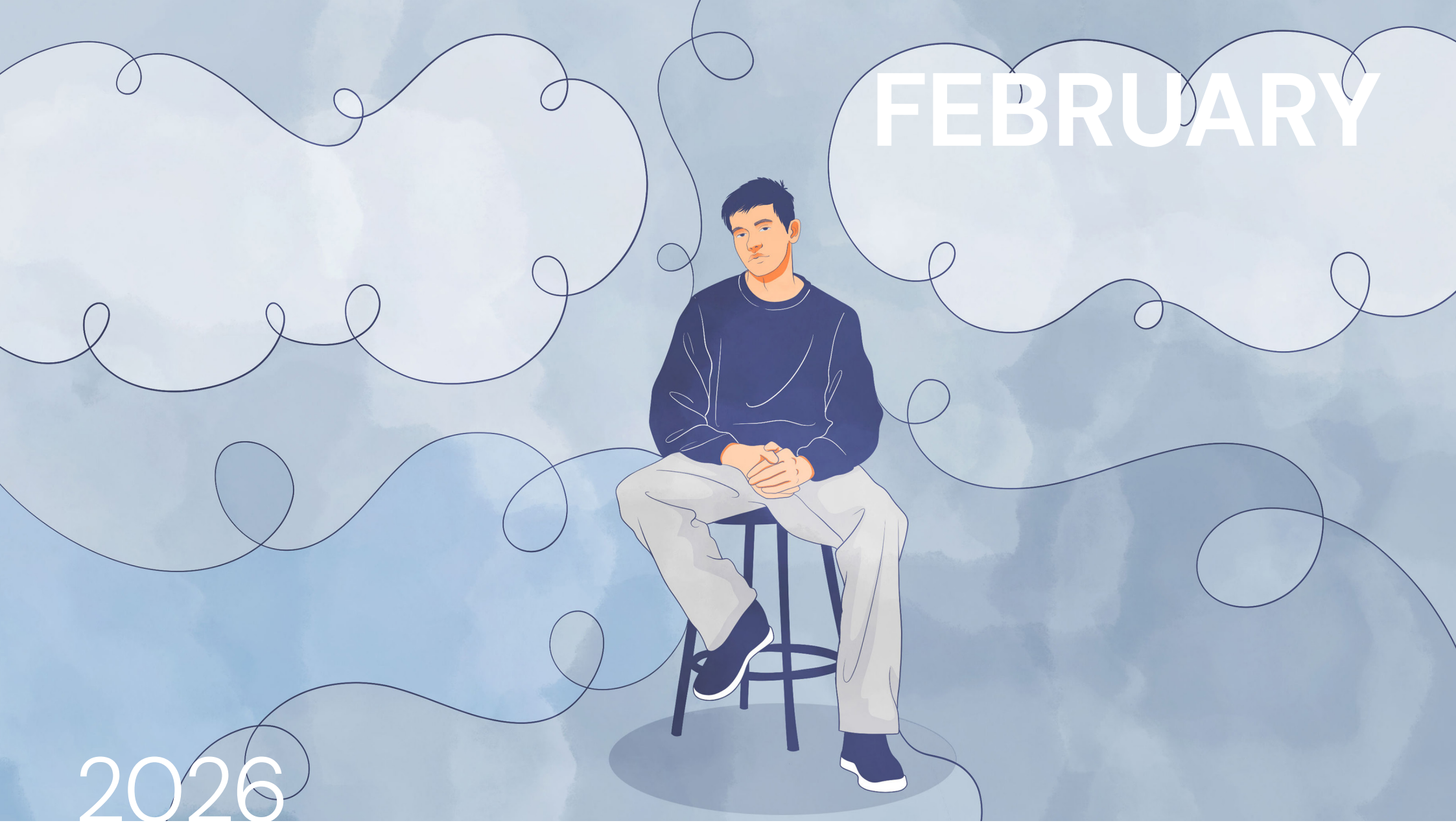
**A modern work-life, particularly if working in an office with a keyboard, involves periods of intensive use of hands and wrists. Relaxed gymnastics is an easy way to make sure your hands and wrists continue to function well.**

1. Raise your arms with a bent elbow in front of your body until your hands are just below the rib cage. Your lower arms should be at 90 degrees to your stomach.
2. Begin making circular movements with your hands. The hands should circle around each other, fast enough for you to feel the air against your loose fingers.
3. While making these circular movements with your wrists, move your hands apart to each side of your body and then back in front of your chest.
4. Change the direction of the circular hand movements and repeat the exercise to ensure good mobility in your wrists.

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1



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At times we are all exposed to stressful experiences that sometimes stay in the mind. The following exercise is aimed at getting immediate relief, to ground you or to direct attention back to the here and now.

- 1. Stand, sit or lie with your eyes open.
- 2. Find five things in the immediate surroundings that you can see. Say out loud what they are and use concrete words to describe what you see.
- 3. Find four sounds in the immediate surroundings that you can hear. Say out loud what they are and use concrete words to describe the sounds.
- 4. Find three things in your immediate surroundings that you can touch/are touching. Say out loud what they are using concrete words when describing the touch.
- 5. Find two things in your immediate surroundings that you can smell. Say out loud what they are.
- 6. Find one thing in your surroundings that you can taste. Say out loud what it is.

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1



MARCH



2026

There are moments when we need to refocus and move from daily concerns to a place of broader horizons.

1.

Begin the exercise by drawing a seven-petal flower, called the Well-Being Flower. Colour the petals of the flower in your favourite colour(s).
2.

Label each petal with the following seven words: Material, Social, Spiritual, Cultural, Mental, Emotional and Biological.
3.

The petals of the flower represent the domains of well-being. They represent the aspects of our lives that are important for us to feel healthy and content.
4.

Reflect and write down examples of things, people or activities under each of the seven areas that give you a positive sense of well-being. This is your own Well-Being Flower.

MON	TUE	WED	THU	FRI	SAT	SUN
23	24	25	26	27	28	1
2	3	4	5	6	7	8 International Women's Day
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



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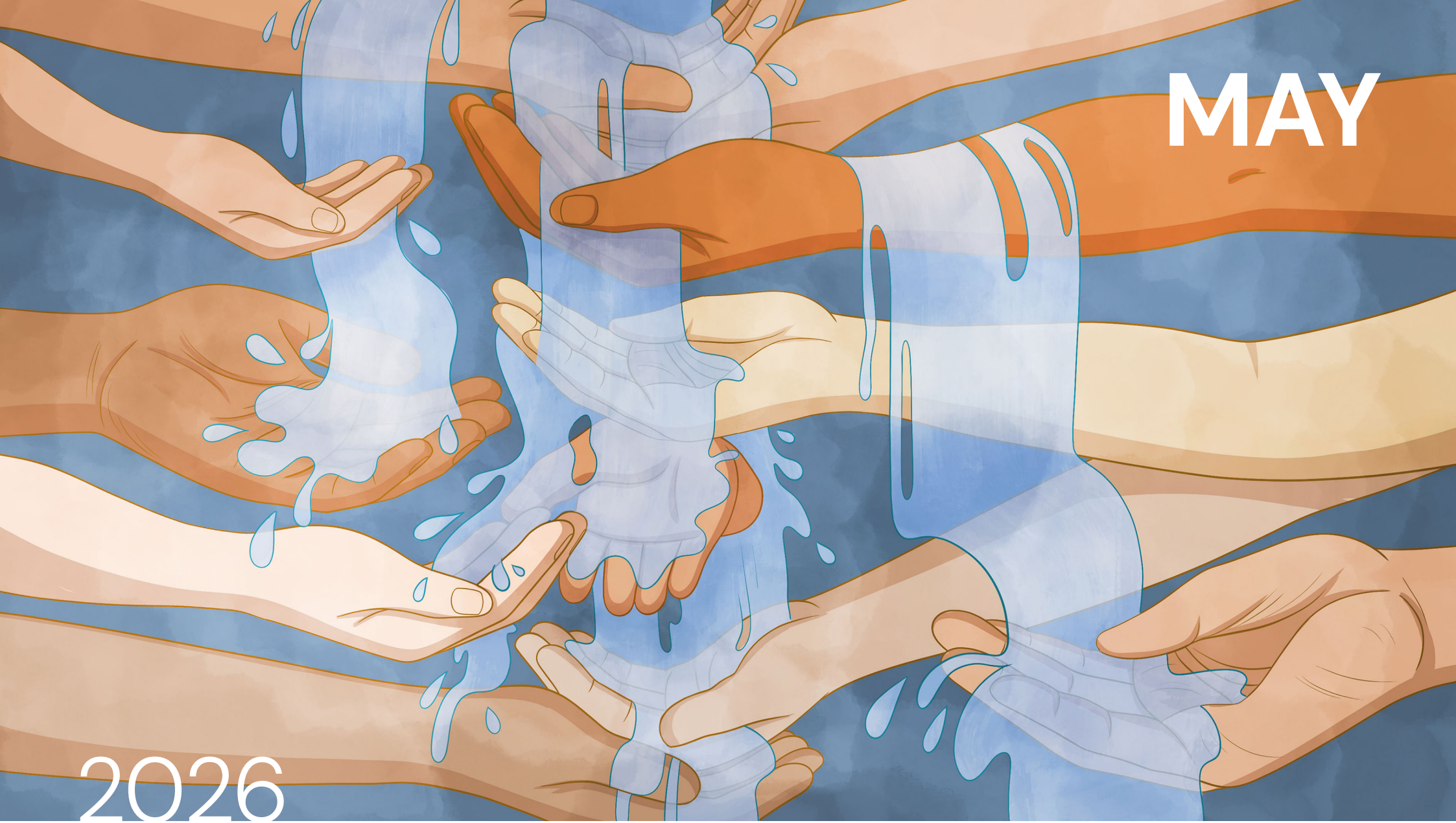
2026

Anger is a common, natural yet powerful emotion that can override reasoning and other feelings and can prevent good sleep.

- 1. When awake and overpowered by anger, it is important to acknowledge it is a feeling that will pass. Open your hands, let your arms hang relaxed by the side of your body with the palms showing and get your breathing under control.
- 2. Many people have a bad habit of clenching their hands into tight fists when falling asleep. This leaves the body tense and fatigued in the morning. When falling asleep make sure your palms are open. This will help your hands, arms and shoulders to relax, giving you a healthier and happier sleep.

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3





Water is essential to our physical survival and well-being but also an asset in finding or regaining our mental and emotional balance.

- 1. Activity ideas for children: play in the bath or tub, pour water between cups/ buckets and jump in puddles.
- 2. Ideas for adults: mindfully drink a glass of water, listen to an ocean meditation or walk alongside the ocean, a lake or river, if you have access.

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	1	2	3
4	5	6	7	8 World Red Cross Red Crescent Day	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31