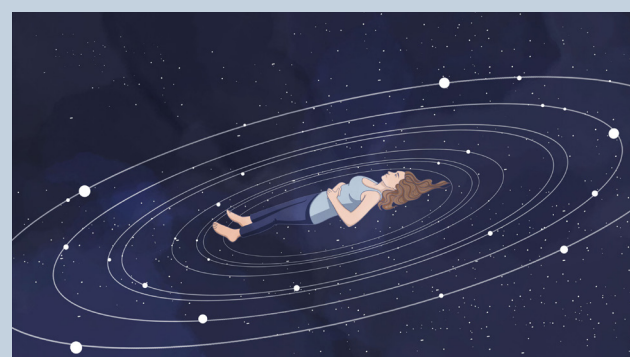
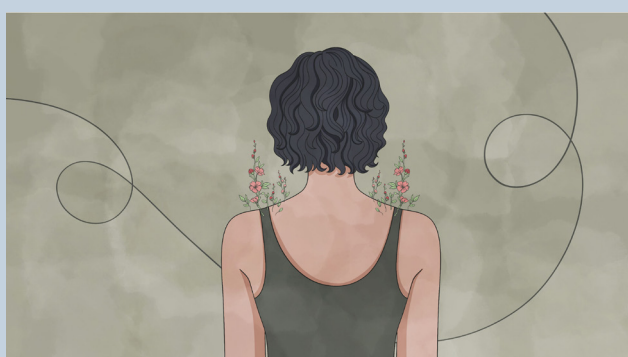
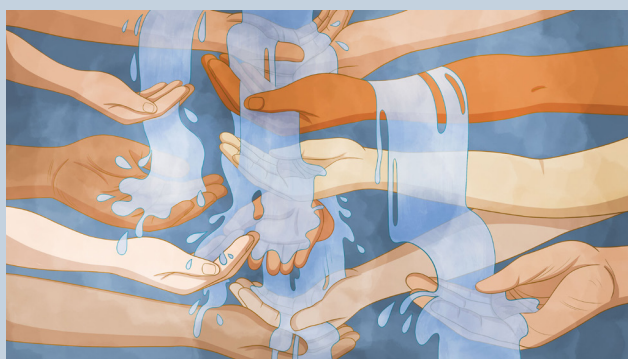


# WELL-BEING CALENDAR 2026



**MHPSS**  
INTERNATIONAL  
MOVEMENT  
HUB



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# JANUARY

# 2026



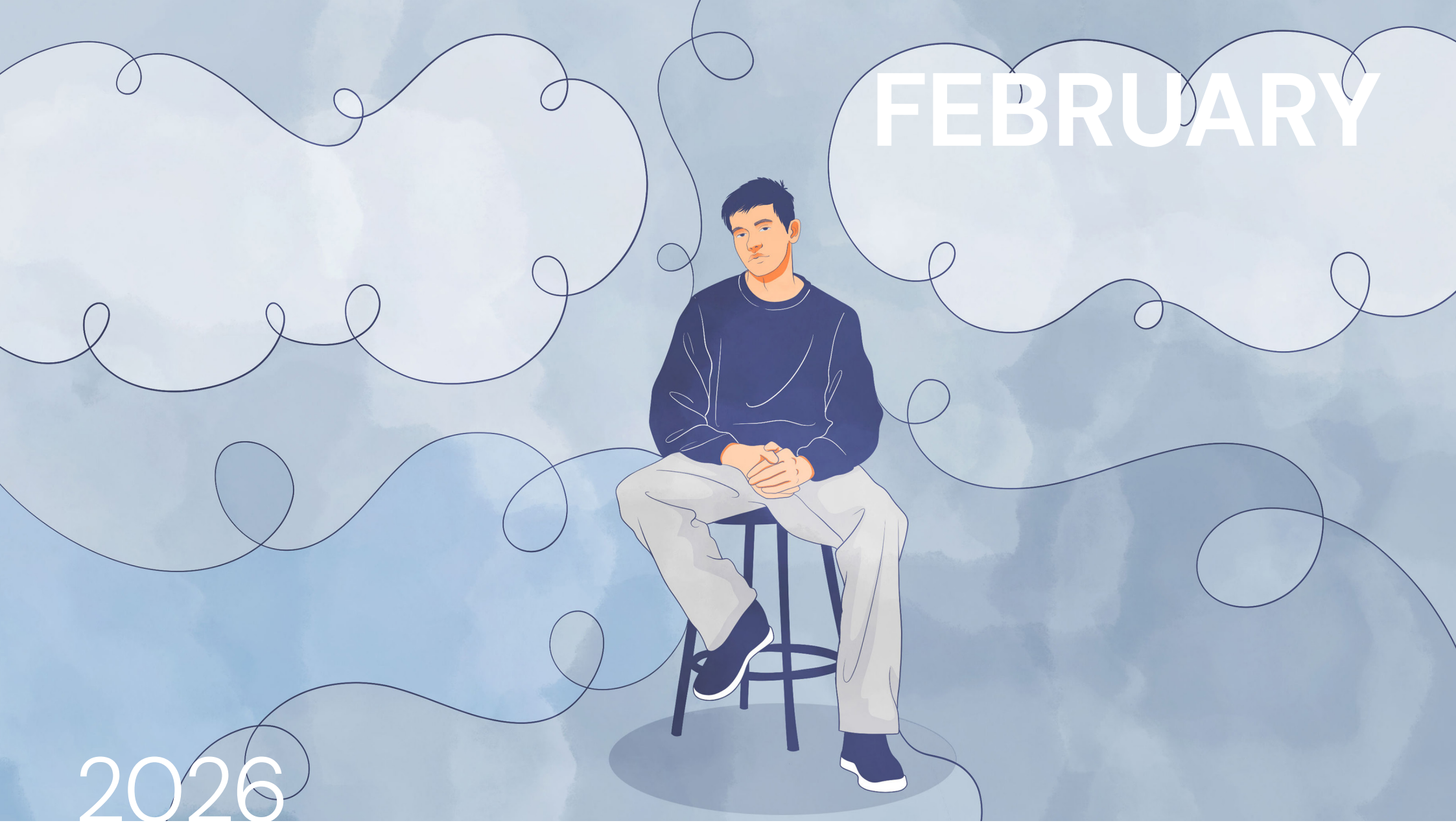
**A modern work-life, particularly if working in an office with a keyboard, involves periods of intensive use of hands and wrists. Relaxed gymnastics is an easy way to make sure your hands and wrists continue to function well.**

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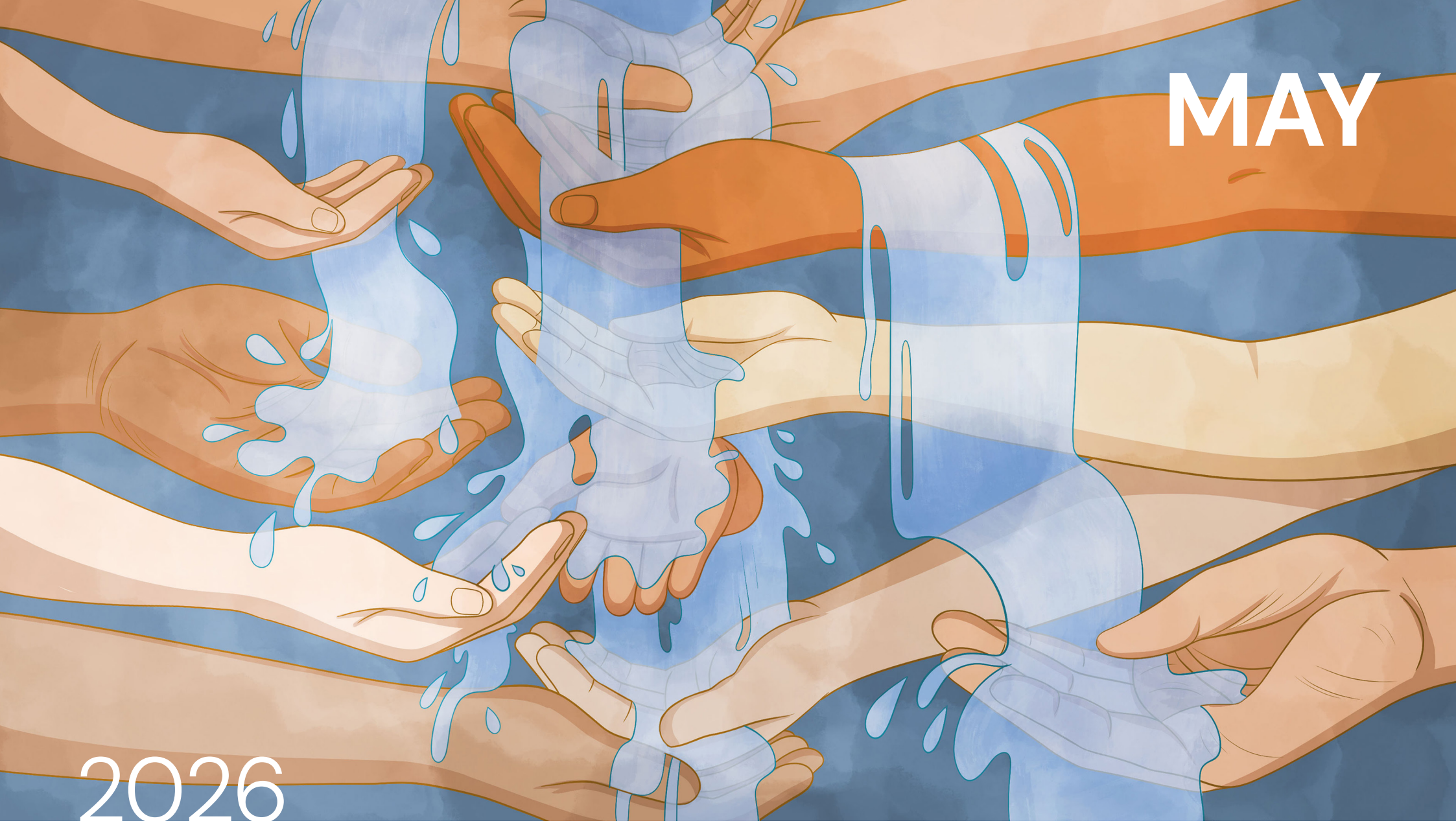
Anger is a common, natural yet powerful emotion that can override reasoning and other feelings and can prevent good sleep.

- 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



JUNE



2026

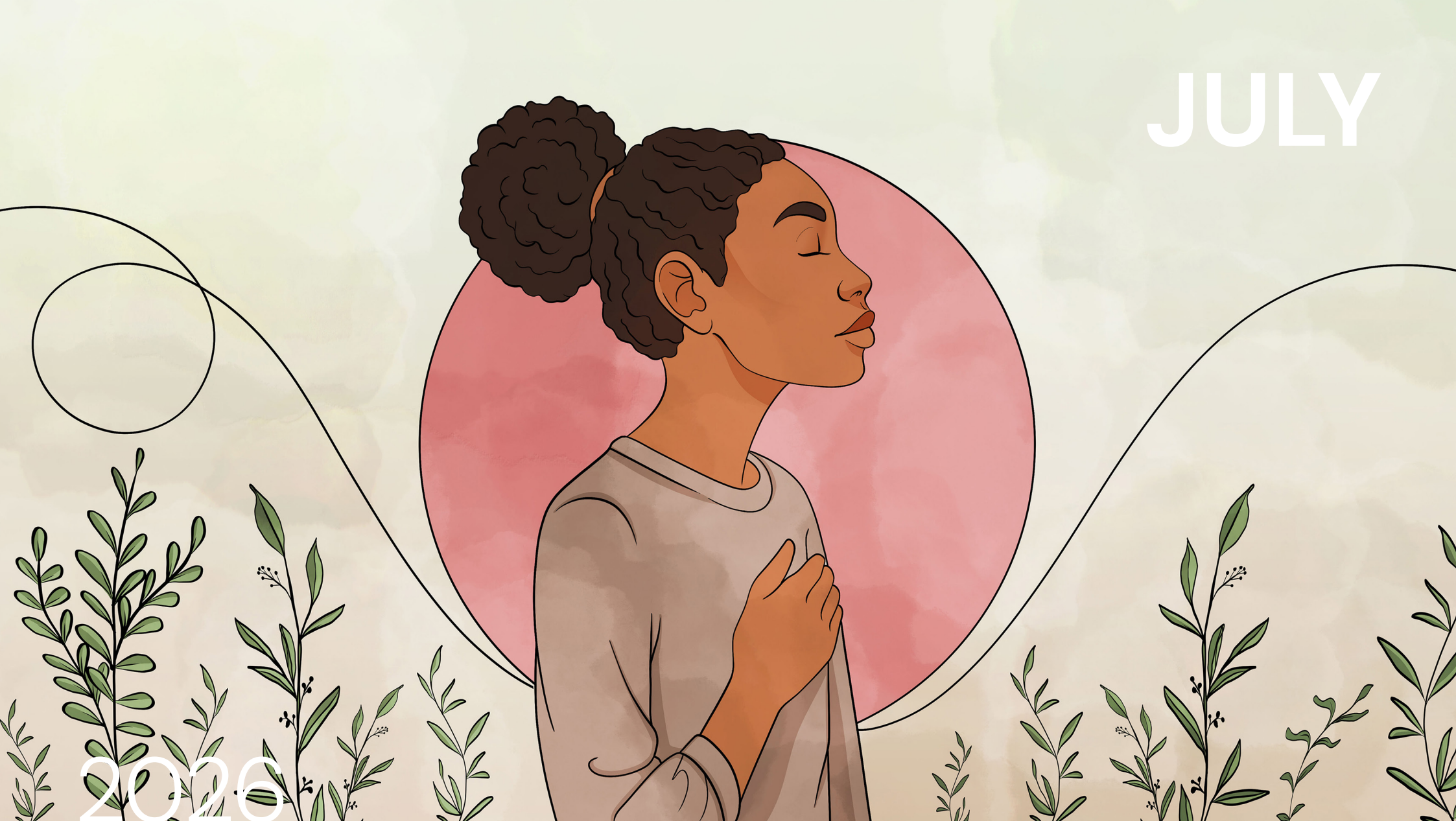
**A good night’s sleep is essential to cope with stress and emotional turmoil. Strained eyes, neck and shoulders will make it hard to relax, which is a necessity when wanting to fall asleep. You can release tensions in the upper part of the body by making “drawings” with the back of the head.**

- 1. Lie on your back in bed making yourself comfortable. Your face should point straight at the ceiling. If the neck is tense, you may need to stretch the neck slightly.
- 2. Close your eyes softly and release the jaw. Next, roll the back of your head in a slow and random fashion as when making doodles on a piece of paper.
- 3. Keep at it for a few minutes, making the random drawings small and large without moving your head too much.
- 4. End the movement of your head and lie for a moment noticing how the neck, shoulders and face feel now.

MON	TUE	WED	THU	FRI	SAT	SUN
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	4	5







**Gratitude is a very powerful feeling that helps us cope with challenges and difficulties. In this exercise, you will focus on the positive things you are thankful for in your life, however big or small they may be. This exercise can also be done with children.**

- 1. Take a moment to think about three things that fill your heart with gratitude. What are you grateful for right now? It can be anything that comes to mind - the weather, your body, friendships or your personal strengths.
- 2. Do the exercise a few times a week and notice in what way, if any, it impacts your mood and your experience with feeling gratitude.

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	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	2



# AUGUST



2026

From time to time, it is useful to reflect on your resources. This exercise is for those who could use a mental boost and a reminder of what motivates you in your daily life.

- 1. Open your palm and fingers wide. Place your hand on a piece of paper and draw around your fingers and hand.
- 2. Write **I HAVE** on one finger and list names, people, images, places or animals you can rely on for support.
- 3. Write **I AM** on another finger and write the things you are proud of.
- 4. Write **I CAN** on another finger and write the skills, abilities and activities you engage in.
- 5. Write **I WILL** on another finger and write things you will do to bring comfort to yourself when times are hard.
- 6. Give yourself a thumbs up at the end of the exercise.

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





# SEPTEMBER



2026

Our breathing is not only an indicator of how we are feeling but also a tool to control and balance our emotions. One way of increasing our well-being is to make sure our breathing is optimal.

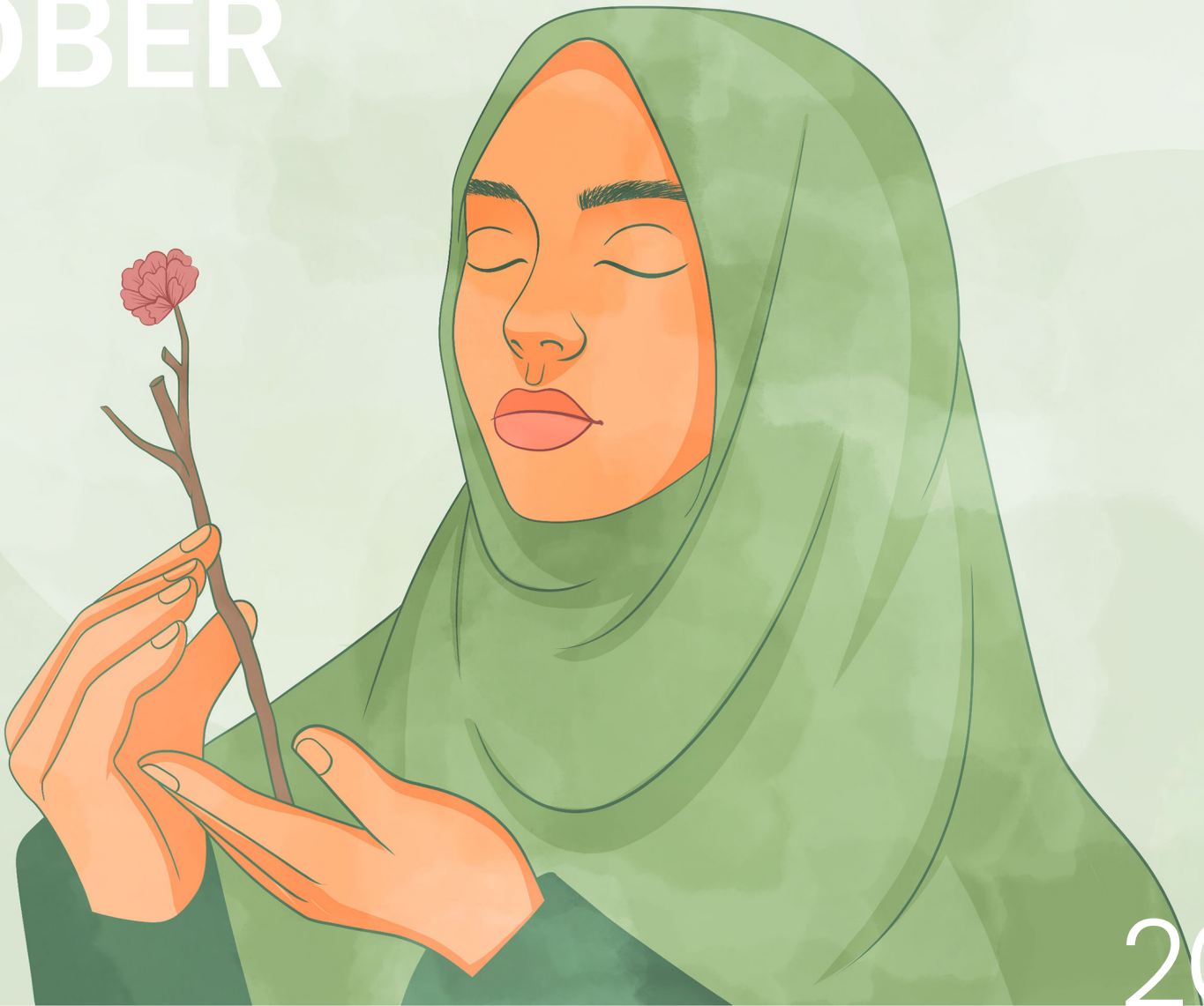
- 1. Stand firmly on both legs.
- 2. Stretch your right arm up with the palm upward.
- 3. Place your left hand on your right side just below the rib cage.
- 4. Take a deep breath and when you exhale bend the upper body to the left in a side bend.
- 5. Push the right hand palm away from your body while using the left hand to gently squeeze the air out of your lungs.
- 6. Breathe in when you straighten up again.
- 7. Repeat the exercise on the other side.

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





OCTOBER



2026

**This exercise releases oxytocin, which is a feel-good brain chemical and hormone that help us stay calm and collected. A release of oxytocin also makes us feel connected to others. It stimulates the skin with its myriad of sensorial nerves.**

- 1. Take a wooden pencil or a thin bamboo stick. Hold it in one hand and slowly trace the outline of the other hand. Let it glide over your fingers, palm, all the way around your hand and around the wrist.
- 2. After a few minutes, notice how your hand feels. Then repeat the exercise on your other hand. You may feel a tingling sensation in your hand. Note how your shoulders are lowering and feel more relaxed.

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





# NOVEMBER

# 2026



**Hectic or stressful periods tend to create tension in the neck and shoulders leading to physical pain and affecting our mental well-being. This exercise will release tension in your shoulders and neck.**

1. Sit in an upright position with your hands resting in your lap.
2. Slowly raise your shoulders while breathing in.
3. Exhale slowly while releasing the shoulders gently.
4. Repeat as many times as you feel like.
5. Loosen your shoulders and neck by shaking and moving the shoulders gently.

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 World Children's Day	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6



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# DECEMBER



**This exercise activates the parasympathetic nervous system, an important system in your body responsible for resting. Sometimes you will need to practise this short activity a few times over different nights before it begins having an effect.**

- 1. Get yourself ready for bed with your normal routine. When in bed, lay on your back without using a pillow. Your face should point straight at the ceiling. Your eyes should be open.
- 2. Whilst keeping your head in this position, move your eyes to look as far left as you can. Count to 60 while you continue to look left. While counting in this position, it is likely that your body will automatically do one of 3 things: swallow, yawn or sigh.
- 3. Look at the ceiling again and count to 10.
- 4. Move your eyes to look as far right as possible. Count to 60 while you continue to look right. Again, while counting, it is likely that your body will automatically swallow, yawn or sigh.
- 5. If you perform these actions (swallow, yawn or sigh), it means you have successfully activated your parasympathetic nervous system.

MON	TUE	WED	THU	FRI	SAT	SUN
30	1	2	3	4	5 International Volunteer Day	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	2	3

