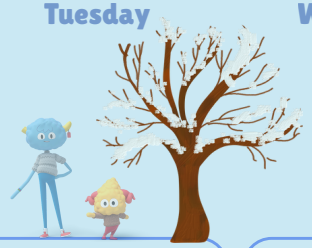
ACTIVE JANUARY 2026

Act **Belong** **Commit**

Adults

Do something active in as many ways as you can—mentally, physically, socially, and spiritually—as this is a key step in protecting and enhancing your mental health. Do something with others and stay connected to friends, family, and your community. Do something meaningful, important, and valuable to you

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Challenge your brain with a puzzle, playing chess, or gather people for a quiz 1	Run, swim, go for a walk or be active in another way that makes sense to you 2	Gather people for a board game 3	Set an achievable goal - big or small 4
Smile and greet those you see today 5	Listen to your favorite song and dance and sing like nobody's watching 6	Go outside and enjoy the daylight, now that the days are short 7	Read a book, article or magazine 8	Make time to see or call someone you haven't seen in a long time 9	Do something you've never tried before 10	Be spiritually active in your own way. Spend time in nature, meditate, or go to church 11
Do something good for someone else, such as opening the door for them or go shopping for a senior 12	Spend time in nature with a friend, family, or on your own 13	Take part in an exercise class, exercise at home, or play a ball game with the children 14	Go to bed early so you're ready for a new day tomorrow 15	Visit an elderly person, a family member, or someone who tends to keep to themselves 16	Be creative and use your crafts - make jewelry, restore old furniture or draw 17	Think of three things that make you happy and do them more often in January 18
Run or go for a walk alone, with your dog, or with a friend 19	Put the screen away more often today and be present 20	Do something today that makes you happy 21	Offer to do some volunteer work or help with something in your local community 22	Start or end your day by stretching your body 23	Visit a library or attend a concert, lecture, or other event in your area 24	Take time to visit or call a friend who is struggling with something 25
Start your day with gratitude. What three things are you grateful for today? 26	Go for a walk by yourself or with someone, and pick up any trash you find along the way 27	Challenge yourself and talk to someone you don't normally talk to (at work, at the store, or a neighbor) 28	Share knowledge in your areas of interest with someone and let them learn from you 29	Invite someone over and cook together 30	Do more of what made you happy in January 31	

ABC FYRI SÁLARLIGA HEILSU
Ver virkin Ver saman Ver hugbundin

Heilsustýrið