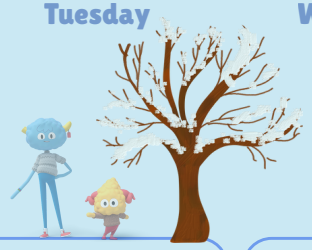
ACTIVE JANUARY 2026

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
			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	

ABC FYRI SÁLARLIGA HEILSU
Ver virkin Ver saman Ver hugbundin

Heilsustýrið

Fill in the calendar with 31 suggestions for how you want to be active in different ways, do something with others and engage in activities that make sense to you.