



30 Days of Small ACTs Calendar

Below are 30 Small ACTs to practice being there for yourself and others. Try as many as you can to build your self-care toolbox and strengthen your efforts to be there for *Every Sailor, Every Day*.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Start your month with relaxation. Check out the Relax Relax Toolkit for simple tips. <a href="http://go.usa.gov/x3AZz">go.usa.gov/x3AZz</a>	2 Smile – it’s Friday! The act of smiling can improve your mood and temporarily help reduce the negative effects of stress 😊	3 Going to a cookout this weekend to celebrate the end of summer? Alternate alcoholic drinks w/ a glass of water.
4 Celebrate Labor Day by getting good rest. Aim for at least 7 hours of sleep tonight. Tips here: <a href="http://bit.ly/RechargeSleep">bit.ly/RechargeSleep</a>	5 5 for 5. Visit <a href="http://www.suicide.navy.mil">www.suicide.navy.mil</a> > Risk and Protective Factors and educate 5 shipmates on 5 risk factors for suicide.	6 Drink your H2O. Staying hydrated helps keep your cortisol levels down. Learn how much you need: <a href="http://bit.ly/Hydrate4Health">bit.ly/Hydrate4Health</a>	7 Warrior Wednesday: Get moving! Alternate stretching and jogging in place for one minute every hour during your workday.	8 Gratitude can help reduce anxiety and promote happiness. Write down 3 people or things that you are thankful for in your life.	9 Subscribe to <a href="http://navstress.wordpress.com">navstress.wordpress.com</a> for tips to help you navigate stress and build resilience.	10 Protect yourself and your loved ones. Store your personal firearm in a secured safe with a gun lock to promote safety.
11 Forgive yourself for past mistakes by acknowledging them and letting them go. Then give thanks for a new day.	12 Practice meditation today to help reduce anxiety and promote a positive outlook: <a href="http://bit.ly/RWCFitSpirit">bit.ly/RWCFitSpirit</a>	13 Protein enhances alertness and boosts motivation. Go for natural food sources such as lean meat, fish, eggs or nuts.	14 Got unused Rx medications at home? Place them in a small bag with used coffee grounds and throw them in the trash.	15 Know your zone. Check out the Stress Continuum infographic and learn how to keep yourself in the green: <a href="http://bit.ly/KnowYourZone">bit.ly/KnowYourZone</a>	16 Be ready, 24/7. Put the Military Crisis Line number in your phone contacts: 800-273-TALK, Press 1.	17 Write down 3 positive ways you can cope with challenges, 2 people you can talk to and 1 resource you can turn to.
18 Take 2 minutes sitting in a comfortable position with your eyes closed and count your breaths. When you reach 8, start again.	19 Military Monday! Today let 3 people know how they make a difference to you. Ask them to pay it forward.	20 Run a drill. Practice how you will ACT in a psychological health crisis with a small group or shipmate: <a href="http://go.usa.gov/cMsm4">go.usa.gov/cMsm4</a>	21 Talking to someone can help you gain new perspective. Speak with a Navy chaplain for confidential support.	22 “Unplug” before bed tonight. Put down all electronics 15 minutes before you get into bed.	23 Share a meal with shipmates or family. Connectedness is a protective factor against suicide. <a href="http://bit.ly/SPEatTogether">bit.ly/SPEatTogether</a>	24 Check up from the neck up. Visit <a href="http://yetselfcheck.org">yetselfcheck.org</a> to take a confidential and anonymous self-check.
25 Overcome negative thoughts by managing your mental filter. More here: <a href="http://bit.ly/MindOvrMood">bit.ly/MindOvrMood</a>	26 Get it done! Setting goals can help you stay connected with a sense of purpose and fulfillment.	27 Just returned from deployment? Be patient with yourself and others as you rebuild your routine and reconnect.	28 Track compliments to boost confidence. Document the positive things your leaders, shipmates and family say about you.	29 Write 1-2 pages about how you feel today, what challenges you faced and any potential solutions that come to mind.	30 Set a 1 Small ACT weekly reminder on your calendar to check-in on yourself and your shipmates.	<b>BONUS:</b> Share your Small ACT with us by participating in the 1 Small ACT Photo Gallery. Details here: <a href="http://go.usa.gov/xWjGP">go.usa.gov/xWjGP</a>