

Bath Mind's

2024

Awareness Day

Calendar

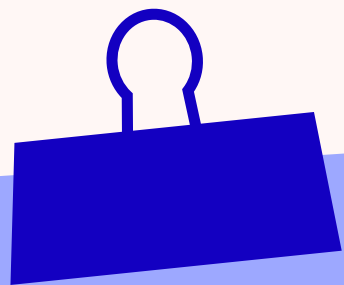


January

2024



We hope you find this calendar a useful resource for planning your days throughout the year!



Notes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Blue Monday / Brew Monday	16	17	18	19	20	21
22	23	24 International Day of Education	25	26	27	28
29	30	31				

February

2024



Did you know, Bath Mind has been supporting the mental health of the BaNES community for 25 years?!

Notes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		LGBT+ History Month	1 Time to Talk Day	2	3	4
5 Children's Mental Health Week (5-11)	6 Race equality week (5-11)	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17 Random Acts of Kindness Day	18
19	20 National Love Your Pet Day	21	22	23 Helpline Awareness Day	24	25
26	27	28 Eating Disorder Awareness Week (29-5)	29			

March

2024



Take time this month for self-care. That could look like having a relaxing bath, reading a book, or visiting a place you enjoy!

Notes

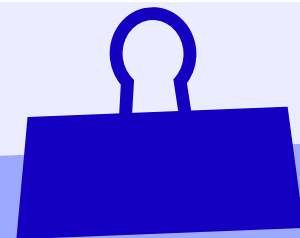
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Zero Discrimination Day. Self-Injury Awareness Day	2 World Teen Mental Wellness Day	3
4	5	6	7 World Book Day	8 International Women's Day	9	10 Mother's Day
11	12	13	14	15 World Sleep Day	16	17
18 Neurodiversity Week (18-24)	19	20 International Day of Happiness	21 International Day for the Elimination of Racial Discrimination	22	23	24
25	26	27 World Autism Acceptance Week	28	29	30 World Bipolar Day	31 International Trans Day of Visibility

April

2024



Using our brain in different ways by introducing new challenges helps exercise our mental muscles. Why not try a new recipe, a puzzle, or join a group this month?



Notes

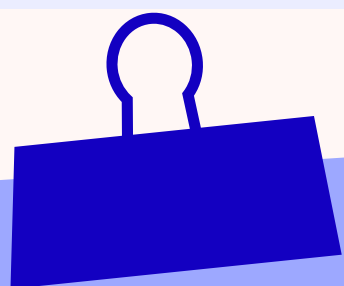
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Stress Awareness Month	2 World Autism Awareness Day	3 Community Garden week (1-7)	4	5	6	7 World Health day
8	9	10	11 National Pet Day	12	13	14 National Gardening Day
15	16	17	18	19	20	21
22 Lesbian Visibility Week	23	24	25	26	27	28
29	30					

May

2024



Physical activity has many benefits for our overall health and wellbeing. Exercise with a friend, or join a group. Listen to your body and work at your own pace!



Notes


Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 National Walking Month	2 Maternal Mental Health Month	3 Maternal Mental Health Awareness Week (1-7)	4	5
6	7	8	9	10	11	12 ME Awareness Day
13 Mental Health Awareness Week (13-20)	14	15	16	17 International Day against Homophobia, Transphobia and Biphobia	18	19
20	21 World Meditation Day	22	23	24	25	26
27	28	29	30	31		

June 2024



Appreciating things can improve our sense of wellbeing. This month, try to write three things that you are grateful for each day.

Notes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Mind Bath					1 Men's Health Month	2 Pride Month
3 Volunteer's Week (1-7)	4	5	6	7	8	9
10 Men's Health Week	11	12	13	14	15	16 Father's Day
17	18	19	20	21	22	23
24	25	26 World Wellbeing Week (26-30)	27	28	29	30

July

2024



Creative activities can have a calming effect and help us manage our emotions whilst boosting our self-esteem. Why not try writing, cooking or photography this month?!

Notes

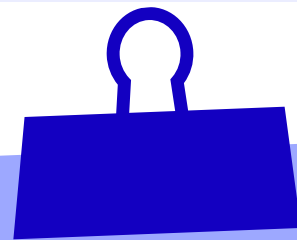
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 International Self Care Day	25 National Schizophrenia Awareness Day	26	27	28
29	30	31				

August

2024



Having a structure to your days and weeks gives you a sense of purpose. You could include going for a walk, phoning a friend and gardening!



Notes

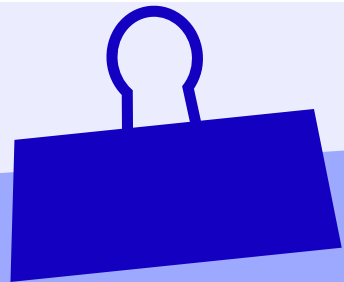
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5 National Allotments Week (5-11)	6	7	8 International Cat Day	9	10	11
12 International Youth Day	13	14	15	16	17	18
19	20	21	22	23	24	25
26 International Dog Day	27	28	29	30 National Grief Awareness Day	31	

September

2024



Giving can create a sense of purpose, increase our self-esteem, help us gain confidence and make us feel valued. Why not volunteer, help a neighbour or donate to a charity, such as Bath Mind?



Notes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5 International Day of Charity	6	7	8
9	10 World Suicide Prevention Day	11	12	13	14	15
16	17	18	19	20	21	22
23 International Day of Sign Languages	24 Happiness at Work Week (23-27)	25 UK National Inclusion Week (25 - 1)	26	27	28	29
30						

October

2024



Staying connected with others helps reduce stress and boost wellbeing. Why not make plans this month to meet a friend for a walk, or join a new group?

Notes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Black History Month	1	2 Dyslexia Awareness Week (2-8)	3	4 World Dyslexia Awareness Day. World Smile Day	5	6 Mental Illness Awareness week (6-12)
7	8	9	10	11 Coming Out Day	12	13
14	15	16	17	18	19 International Pronouns Day	20
21	22 International Stammering Awareness Day	23	24	25	26	27
28	29	30	31			


November

2024



Try to build breathing exercises into your daily routine this month! Visit bathmind.org.uk for inspiration.

Notes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			Men's Mental Health Month	1	2	3
4 Trustees Week (4-8)	5	6	7	8	9 International Day against Fascism and Antisemitism	10
11 Self Care Week (11-15)	12	13 Trans Awareness Week (13-19)	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

2024



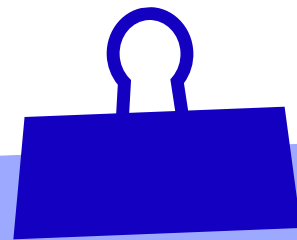
Struggling with your mental health?

Call Breathing Space on 0808 175 1369.

The phonenumber is open 365 days a year

5.30pm - 11pm

Notes



Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 National Grief Awareness Week (2-8)	3 Giving Tuesday	4	5 International Volunteer Day	6	7	8
9	10	11	12 Christmas Jumper Day	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve					