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TeenHelp

FEBRUARY 2020

"You,
yourself, as
much as
anybody in
the entire
universe,
deserve your
love and
affection."

BUDDHA

2

GO TO BED 15
MINUTES EARLIER
THAN YOU WOULD
NORMALLY

3

DRESS YOURSELF
UP IN YOUR
FAVOURITE OUTFIT

4

WORLD CANCER
DAY

5

HAVE A RELAXING
BATH - COMPLETE
WITH BUBBLES!

6

TIME TO TALK DAY

7

NATIONAL WEAR
RED DAY

8

TAKE YOURSELF
ON A 'DATE' TO
YOUR FAVOURITE
PLACE

9

NEWSLETTER
RELEASE

10

INTERNATIONAL
EPILEPSY DAY

11

SAFER INTERNET
DAY

12

BUY YOURSELF
FLOWERS AND
BRIGHTEN UP
YOUR HOME

13

WRITE A 'LOVE
LETTER' TO
YOURSELF

14

VALENTINE'S DAY

15

SINGLES
AWARENESS DAY

16

HUG A PILLOW OR
A PET

17

RANDOM ACTS OF
KINDNESS DAY

18

WRITE DOWN 3
THINGS THAT YOU
LOVE ABOUT
YOURSELF

19

COMPLIMENT
SOMEONE

20

SMILE AT AS MANY
PEOPLE AS YOU
CAN TODAY

21

INVITE FRIENDS
OVER FOR A GAME
NIGHT

22

DO A RANDOM ACT
OF KINDNESS FOR
SOMEONE ELSE

23

NEWSLETTER
RELEASE

24

NATIONAL EATING
DISORDERS
AWARENESS
WEEK

25

UNPLUG FROM
SOCIAL MEDIA
TODAY

26

HUG YOURSELF

27

GET UP AND
DANCE TO YOUR
FAVOURITE SONG

28

TREAT YOURSELF
TO SOMETHING
YOU'VE BEEN
WANTING FOR A
WHILE

29

MAKE A KINDNESS
ROCK FOR
SOMEONE ELSE

