



The Resilience Collaborative

Microsteps to Wellbeing 2026 Calendar

Towards greater wellbeing as a Community - one microstep at a time

Stop.

*Did you know that stopping to notice your
breathing can help prevent tiredness from
building up?*



JANUARY 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				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

FEBRUARY 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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

Fill a bottle

*Drinking water helps your body to work
well and gives you energy. Even your
brain works better!*



Create a simple bed time routine

Say a prayer, do some deep breathing, or just think about the people who bring you joy. Do this every day so your body knows it's time to sleep.



MARCH 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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22	23	24	25	26	27	28
29	30	31				

APRIL 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Care for a mindful handwash?

Really focusing on what you're doing can be very calming. This is called mindfulness. This will help clear your mind and feel calmer.



Make a list.

If you are too stressed, you can feel too overwhelmed to act. Research has shown us that having a list of steps makes it easier to take action. Create a list of ways you could respond the next time.



MAY 2026

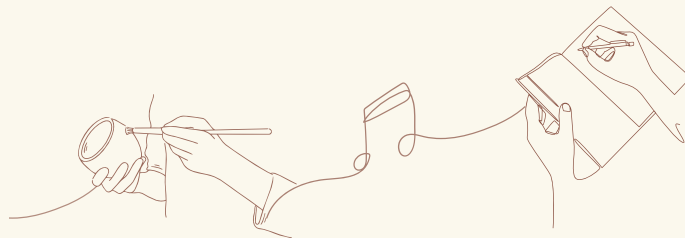
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE 2026

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21	22	23	24	25	26	27
28	29	30				

Get creat!ve

See what works to help you relax. Studies have shown that creative activities can also make you perform better in your job.



Remember...

A high workload can lead to a sense of a lack of personal accomplishment which is a dimension of burnout. Before you go to sleep, stop to recollect the good things you did.



JULY 2026

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AUGUST 2026

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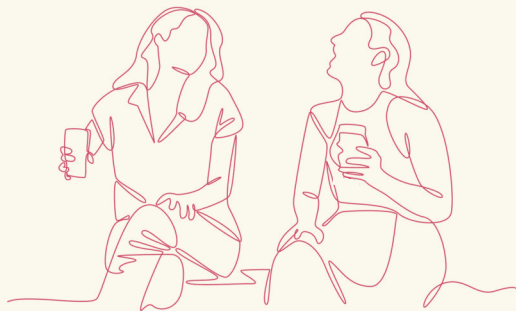
On your feet!

Short breaks can improve your energy. Take breaks between tasks. Stand and stretch and take a deep breath. You will feel ready for your next task.



Tag along

When a co-worker takes a break, take one yourself, with them. Find a relaxing moment to spend with others in your team.



SEPTEMBER 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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20	21	22	23	24	25	26
27	28	29	30			

OCTOBER 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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25	26	27	28	29	30	31

Pat your back

Every time you achieve something, however small, stop to congratulate yourself. You are making progress. Acknowledge it! Celebrate it!



Grab a quick bite!

*You can feel tired if you don't eat for a long time.
If you're expecting to have a long day, pack a
healthy snack or carry some fruit.*



NOVEMBER 2026

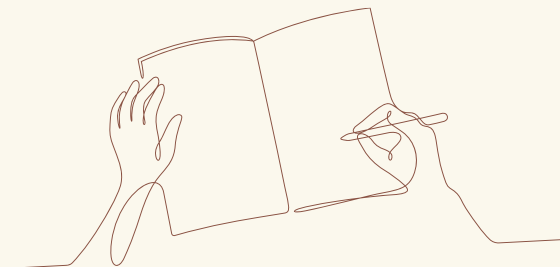
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22	23	24	25	26	27	28
29	30					

DECEMBER 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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20	21	22	23	24	25	26
27	28	29	30	31		

Journal

Try to keep a diary where you can record your everyday thoughts and feelings. See if your microsteps have you feeling healthier and happier.



The Resilience Collaborative

*The Resilience Collaborative focusses on the vital need for the healthcare worker resilience
We work with HCWs to drive the adoption of evidence-based strategies to further HCW wellbeing.
We are dedicated to HCW well being, advocacy and leadership especially in under-represented and under-
resourced communities, particularly in lower- and middle-income regions.
We invite you to partner with us for future ready health systems and HCW!*



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The Resilience Collaborative



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