



CALENDAR
2024

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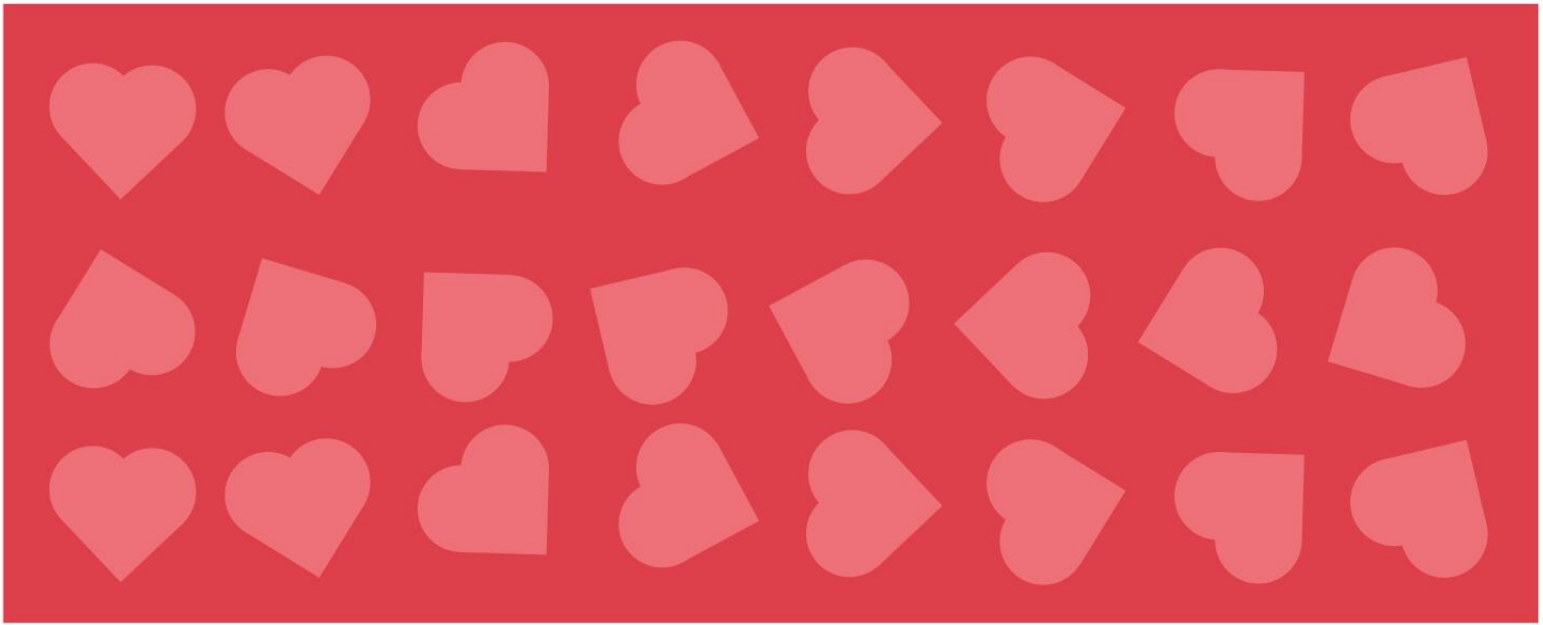
New Year Resolution

If your New Year Resolution doesn't help you when you have a setback, it's not a good resolution. Try one where it's more about a process than a goal. Also, ask your loved ones for support, or try to do something together. This will give you more chance of sticking to it.

JANUARY 2024

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Getting a Girl / Boy / Enby Friend

Relationships aren't this one thing that you 'get'. Think about any of your relationships: you didn't just 'get' them, they emerged right? Relationships with people emerge and we emerge with them.

FEBRUARY 2024

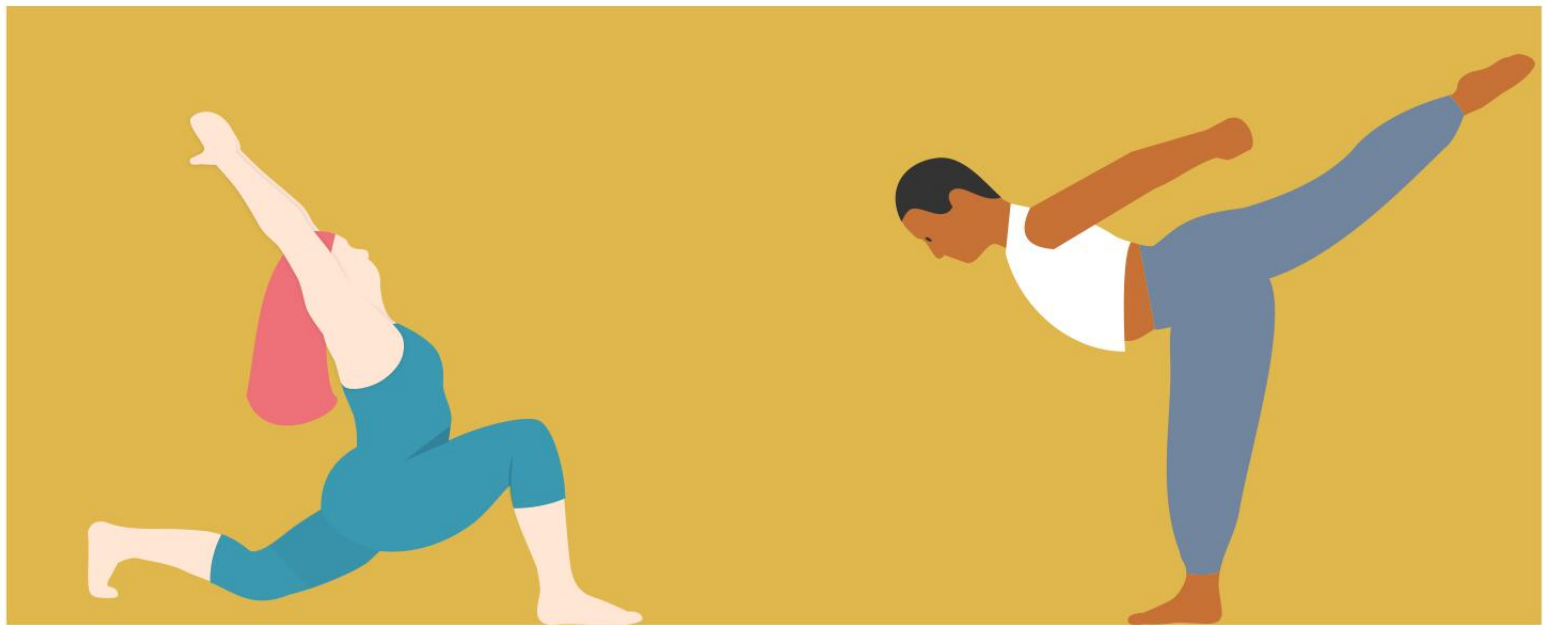
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Be Inside Our Bodies

It's hard to feel good about our body when we are outside of it looking in, rather than being in our body looking out. So to help you feel better about your body, feel those moments where you are in your body.

Exercise. Meditation. Yoga. A big belly laugh. A nice shower.

MARCH 2024

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Choose Chocolate

It's not easy to work out what we want. There are so many rules, so many 'shoulds'. It can make it really hard to really 'tune in' to what we want. So next time you get a chocolate bar (or any other treat), really slow down and try to ask yourself what you really want.

APRIL 2024

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Trust and Feelings

Trust is something we often feel in our bodies before we can name it in our heads. We learn this through our relationships with other people from when we're born. So it's easier for some of us to trust people than others. What do you feel when you know you can trust someone?

MAY 2024

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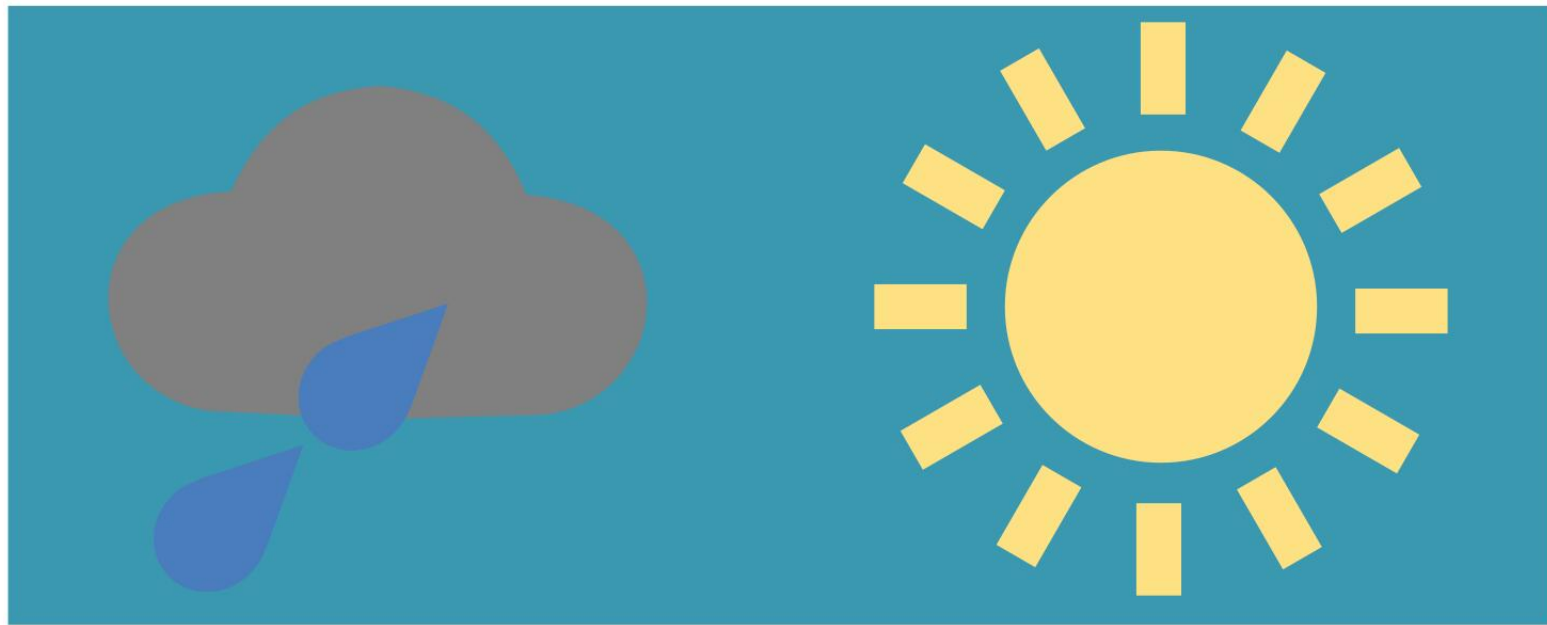
Dealing With Stress

If we get overwhelmed with stress, we have to let the parasympathetic nervous system take over. That means lying down. Belly breaths. Exhale more. Pay attention to what (else) you can see or hear. Get a snack. Drink some water. Go to the toilet. It'll take 60 / 90 minutes to recover.

JUNE 2024

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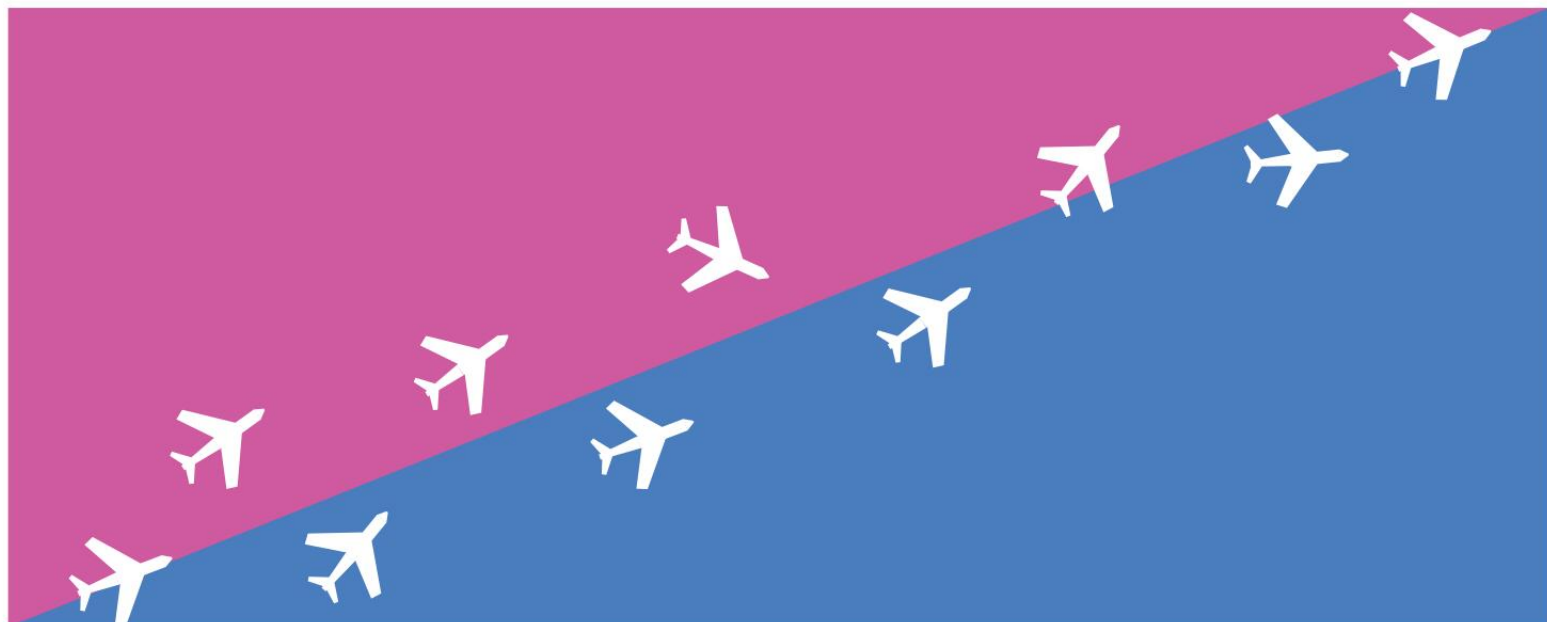
Joy

Joy is the absence of sadness (or other difficult feelings like shame, anger, or worry). It's also when we have the increased capacity to 'be'. When you feel joy, what's the very first sign? How do you know? What would other people notice about you if you are experiencing joy? What would they feel?

JULY 2024

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Success / Failure

Thinking of ourselves as successes or failures is rarely helpful. Instead, thinking of life as an on-going project involving constant learning and correction is the way to go. It's really important that we help each other to think this way too and to feel part of a team, not just a solo player.

AUGUST 2024

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How To Do Relationships

You could learn about what works for you in one relationship (eg friendships) when you are having problems with another one (eg romantic). They are just different kinds of relationships and there is more than one kind of love. This way you can work out what works for you.

SEPTEMBER 2024

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Solidarity

Society unevenly distributes agency (decision making power, clout, oomph) so some of us are more able 'to be' than others. Solidarity is about how we collectively join our agency to change the world, so that we can increase everyone's capacity 'to be' and live more joyfully together.

OCTOBER 2024

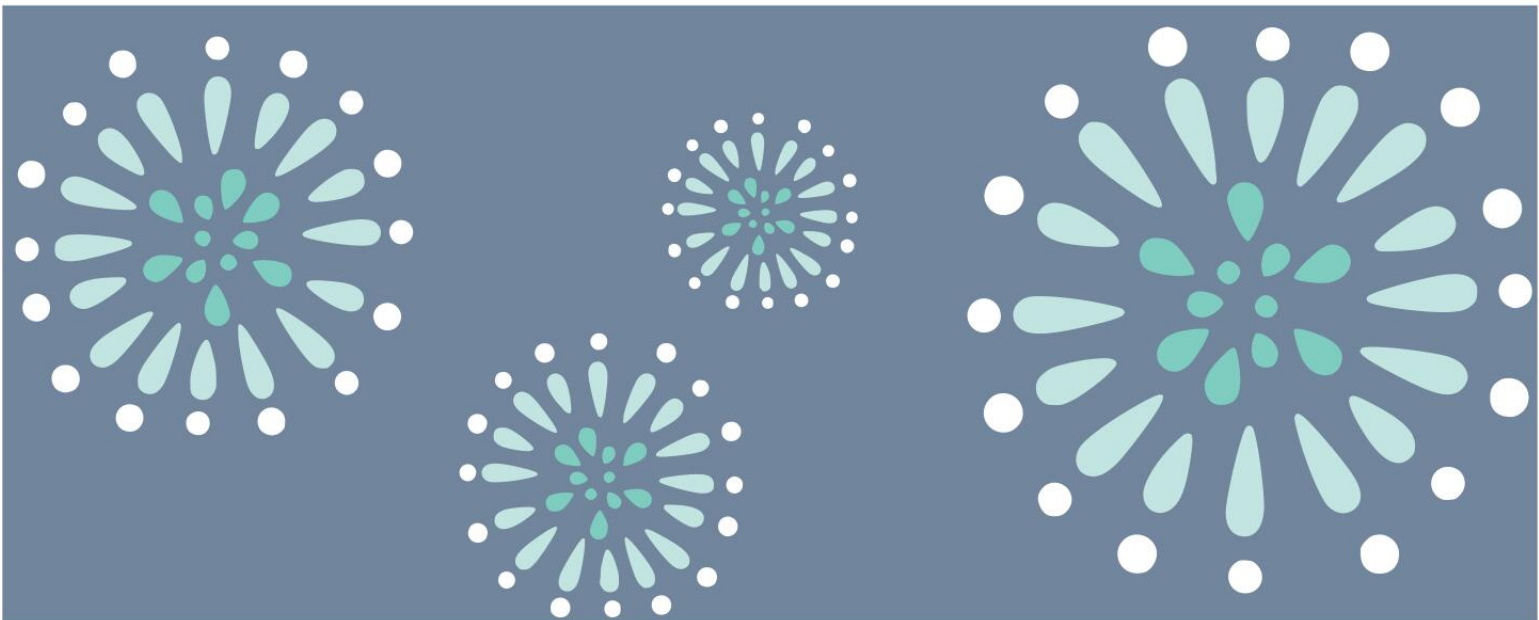
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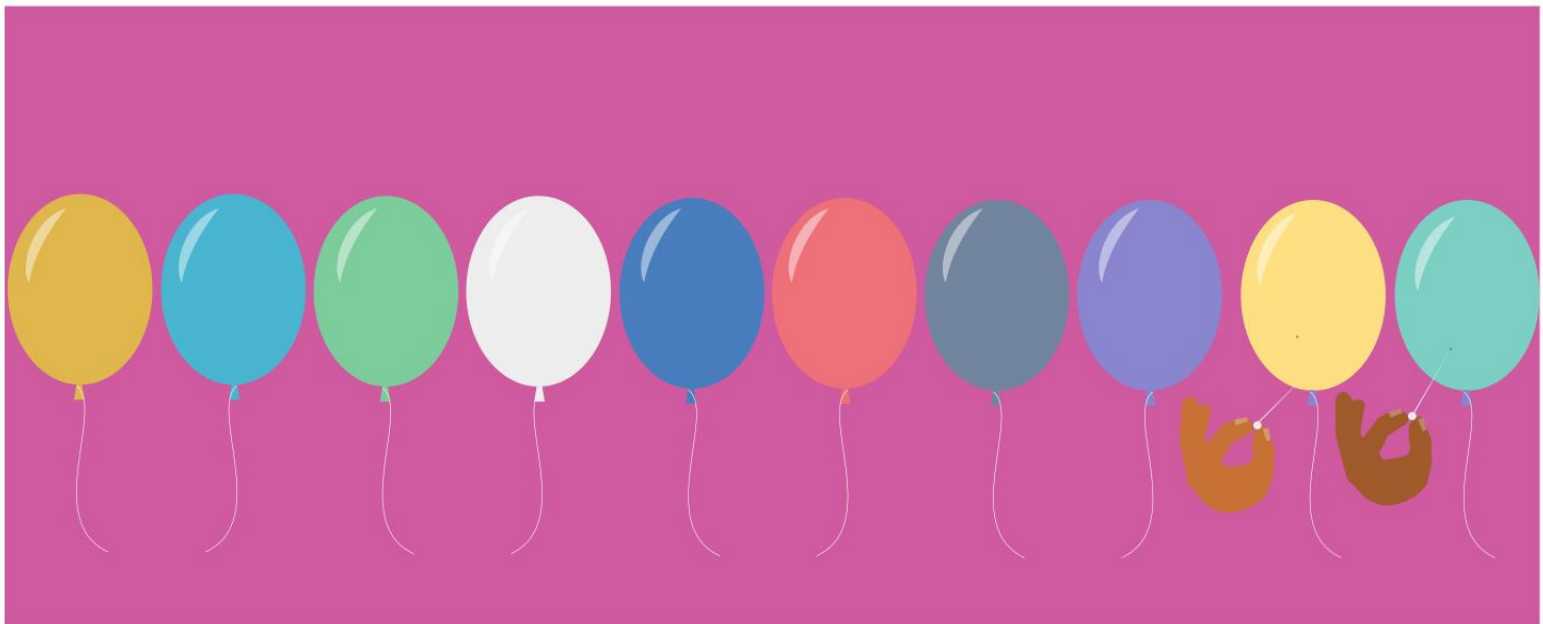
Enjoy The Fireworks, But...

That excitement from 'falling in love' with someone is called 'micro-moments of positivity resonance'. Lots of things happen in our bodies (brain activity, heartbeat, breathing, hearing, seeing) but it's not 'love', just bodies responding. So enjoy the fireworks, but love is a long term project.

NOVEMBER 2024

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Consensual Festivities

It's not always possible for people to be clear about what they can or can't do. Also it should be okay for people to change their minds at any time.

This means that you have to allow for some wriggle room. So be careful about being at 100% capacity for too long: aim for 80% maximum capacity.

DECEMBER 2024

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