2020 Calendar

Coldingham Bay, Berwickshire
Kindness and everyday positive relationships can affect change and support the wellbeing of individuals and communities.

Breathing Space is a free and confidential phone service for people in Scotland feeling low, stressed or anxious. One of the key features of Breathing Space is our compassionate response to callers, many of whom are in distress or going through a difficult time in their lives.

Our theme for 2020 is, ‘You Matter, We Care’; highlighting the caring nature of being human, and the support Breathing Space, other organisations and friends/family can offer, by noticing signs of distress and taking action.

This year our focus is on the Borders area of Scotland. A special thanks to all of those involved in helping us develop our theme.
Kindness in communities

An important element of this year’s campaign is the Breathing Space Bench Project, where we are working in partnership with local organisations and community champions, to create welcoming community spaces and informal opportunities for connecting with others.

By developing a network of benches, and thus a network of community connectors, Breathing Space hope to help further develop community values such as trust in our neighbours, kindness to self, and noticing and connecting with others.

Let’s have ‘What matters to you?’ conversations and create other welcoming spaces in our communities to spread a little kindness and show we care.

Edinburgh Waverley station

Minister for Mental Health unveils University of Strathclyde bench

0800 83 85 87
www.breathingspace.scot
#youmatterwecare
We proved that it does matter what you do and that no one is too small to make a difference.

Greta Thunberg

All creatures great and small
By Phil Dawson
No matter what people tell you, words and ideas can change the world.

Robin Williams
When the whole world is silent, even one voice becomes powerful.

Malala Yousafzai

Self Injury Awareness Day
Eating Disorder Awareness Week
International Women’s Day
No Smoking Day
World Sleep Day
Clocks go forward

Light on the loch
By Laura Cowan

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#youmatterwecare
Puppy love
By Lyndsey Banaghan

Happiness is a warm puppy.
Charles Schulz

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#youmatterwecare
Be willing to be a beginner every single morning.

Meister Eckhart

Oyster Catcher chick
By Carole Niven
Peaceful view
By Phillipe Hourcastagne

Quiet people have the loudest minds.
Stephen Hawking

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#youmatterwecare
Blackberries ripen
By Alana Corrigan

I am not what happened to me...
I am what I choose to become.
Nelson Mandela
If everything was perfect, you would never learn and you would never grow.

Beyoncé Knowles

Gelston Gardens

By Elaine Adam

Cycle to Work Day
International Youth Day
NHS Living Life Day

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#youmatterwecare
There is no better designer than nature.

Alexander McQueen

Red Admiral
By Sarah Barnard
Without a sense of caring, there can be no sense of community.

Anthony J. D’Angelo

This meeting is goosed
By Elaine McLean

0800 83 85 87
www.breathingspace.scot

#youmatterwecare

Black History Month
Breast Cancer Awareness Month
Self-Management Week
World Mental Health Day
World Menopause Day
Clocks go back
If you take care of your mind, you take care of the world.

Arianna Huffington

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If you take care of your mind, you take care of the world. Arianna Huffington

**November 2020**

By Andrea Scott

- Movember
- National Stress Awareness Day
- Remembrance Day
- World Kindness Day
- Book Week Scotland

Waterfall at Wilton Lodge Park, Hawick

**BREATHING SPACE**

0800 83 85 87

www.breathingspace.scot

#youmatterwecare
Difficult roads often lead to beautiful destinations. The best is yet to come.

Zig Ziglar

Snow day
By Kelly McCourtney

World AIDS Day
International Day of Persons with Disabilities
Human Rights Day

0800 83 85 87
www.breathingspace.scot
#youmatterwecare
Breathing Space is a free and confidential phone service which offers listening, compassion and advice to anyone feeling low, stressed or anxious.

The service receives over 7,500 calls each month from people feeling distressed and who do not know where to turn.

Sometimes, being listened to and knowing someone cares can help you get through a difficult time.

Holding on to positive emotions, appreciating the good times and focusing on what’s important in life can help you find your way back to emotional wellness more quickly.

Here’s to a great 2021... remember, you matter!