

Wellbeing Calendar

December 2020

1st

Take 2 minutes to write down three things you are grateful for. Use this time to pause, breathe and recentre.

2nd

Make a cup of tea or coffee and give yourself permission to pause. Sit and enjoy drinking your whole cup without doing anything else.

3rd

Write down three qualities you love about yourself – then say them out loud!

4th

Step outside (whatever the weather!) and spend a few moments looking at the sky. Breathe deeply and notice the clouds, colours and movement.

5th

Take time out to go for a short walk. Spend time in nature noticing the colours, scents and sounds around you.

6th

Choose a song, album or playlist that reminds you of something special and listen to it all the way through, noticing your feelings and emotions as you do.

7th

Give kind comments to as many people as possible today.

8th

Take a post-it note and write 3 things that make you happy. Doodle a border and pin it somewhere you will see it.

9th

Make a plan to do something you really enjoy at the weekend!

10th

Take two minutes and write down three of your greatest strengths. Don't be modest, give yourself credit for the amazing person you are.

11th

Take time out to go for a short walk. Spend time in nature noticing the colours, scents and sounds around you.

12th

Make a particular effort to treat everyone with kindness today including yourself.

13th

Do something you particularly enjoy today.

14th

On a scrap of paper, write down something about your day that has made you smile. Look for the joy in the small things.

15th

Notice when you are hard on yourself and treat yourself with compassion.

16th

Write down three things you are grateful for today. Take a few minutes to enjoy these moments.

17th

Share some joy. Smile at others, share something that makes you laugh and notice how it makes you feel.

18th

You made it! Take a moment to reflect on all you've achieved this year.