

December 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1. Listen to your favourite christmas music.	2. Take some time out to enjoy a warm drink.	3. Go out in nature.
4. Journal how you are feeling.	5. Cook or order in your favourite meal.	6. Read a chapter of your book.	7. Do a digital detox.	8. Light a candle.	9. Stretch.	10. Prioritise yourself and do what you enjoy.
11. Write 5 things you are grateful for.	12. Watch the sunrise or sunset.	13. Drink 2 litres of water	14. Get some fresh air	15. Do something creative.	16. Try to learn something new.	17. Watch a Christmas movie.
18. Reflect on your day.	19. Challenge yourself to learn a new skill.	20. Use Viva Insights for a 5 minute meditation.	21. Do something you've been putting off.	22. Go out on a Christmas light search	23. Bake a Christmas treat	24. Make your own Christmas decoration
25. Take time to enjoy the day.	26. Go out for a Walk	27. Enjoy a warm bath or shower.	28. Enjoy a warm bath or shower.	29. Compliment someone.	30. Plan something to look forward to.	31. Make a list of new things you'd like to try next year.

Remember, it is 'ok' to not be 'ok'.

The [Health & Wellbeing page](#) offers advice and support, or contact one of [Your Mental Health First Aiders](#) for a confidential conversation.

