

Winter Wellbeing calendar

30 things to give you hope



Be Kind, Enjoy and Learn, Nurture, Be Active, Belong, Be Aware

1 Wrap up, go outside and take notice of what's around you	2 Call, text or arrange to meet with a friend	3 Have some digital downtime today and switch off your device
4 Read a book	5 Connect with nature	6 Do a random act of kindness
7 Take part in a gentle exercise video online – <u>try mindful stretching</u>	8 Download a mindfulness App – Calm or Headspace	9 Do something to relax like having a bath
10 Learn some <u>breathing exercises</u> , they can help you to cope with stress	11 Find out about activities and groups in your local area and go along to one	12 Take control of your finances with the <u>Money Worries App</u>
13 Watch a film or dance and sing to your favourite songs	14 Do a puzzle or crossword to keep your mind active	15 Go somewhere that makes you feel good
16 Try to <u>eat and drink</u> more healthily today	17 Remember to <u>be kind to yourself</u> today	18 Tidy up outdoors or pick some litter
19 Ask a friend how they are and <u>start a conversation about mental health</u>	20 Write a list of things you can do or you hope to achieve	21 Learn some <u>coping skills</u> for managing stress today
22 Allow your mind to wander, daydream and hope	23 Give someone a compliment or smile at someone today	24 Take a small step towards a goal today
25 Check out the mental wellbeing courses at <u>Togetherall</u> today	26 Prioritise your sleep today - <u>these video tips could help</u>	27 Take some time out, watch one of Health in Mind's <u>wellbeing videos</u>
28 Go for a walk outside	29 Volunteer your time	30 Do something creative

The underlined text are links to web pages including the Wellbeing College bitesize videos on YouTube. Find out more: www.wellbeingcollege.org.uk/courses/bitesize_videos/d238/

For information about support and ways to be well, visit www.nhsborders.scot.nhs.uk/wellbeingpoint
For emotional support call Breathing Space on 0800 83 85 87 (evening and weekends) or for urgent mental health support call NHS24 Mental Health Hub on 111 (24/7)