

December holiday countdown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Listen to a Staff Wellbeing podcast on the commute	2 Go shopping for the Chaplaincy and Genesis Trust gift appeal
3 International Day of Disabled Persons - Read a book from the Library reading list	4 Try a one-minute meditation	5 Do five minutes of exercise	6 Donate to a charity that moves your heart	7 Hanukkah begins today - Do some research into Jewish holiday traditions	8 Do something that makes you happy. Pick up a hobby or watch a film!	9 Try a new recipe for a special dinner
10 Try a new walk with a loved one, and have a meaningful conversation	11 Carry out an act of kindness	12 Do ten minutes of exercise	13 Download the Calm app	14 It's OK to not be OK. Read the Mind guide to Christmastime .	15 Do something that relaxes you - have a bath or paint your nails!	16 Get out in the garden and do some winter seed sowing
17 Bake some cookies and gift to a neighbour	18 Do a gratefulness exercise	19 Do 15 minutes of exercise	20 Look at writing a Wellbeing Action Plan for the new year	21 Kwanzaa begins next week - Do some research into the celebration	22 Try a free self-guided mindfulness session at home.	23 Watch a movie with friends
24 Feast day celebrated across Europe and Scandinavia!	25 British Bank Holiday and traditional feast day!					