

# WELLBEING

## IT'S NEARLY CHRISTMAS

LET'S END THE YEAR ON A POSITIVE  
"WORK BETTER TOGETHER"

<p>TUESDAY 1ST</p> <p><a href="#">Plan gifts you can send by post</a></p>	<p>WEDNESDAY 2ND</p> <p><a href="#">Open a book, or try a new one</a></p>	<p>THURSDAY 3RD</p> <p><a href="#">Carry out an act of kindness</a></p>	<p>FRIDAY 4TH</p> <p><a href="#">Download a new podcast</a></p>	<p>SATURDAY 5TH</p> <p><a href="#">Buy some seeds and get planting</a></p>	<p>SUNDAY 6TH</p> <p><a href="#">Get in the kitchen and try a new recipe</a></p>	<p>MONDAY 7TH</p> <p><a href="#">Try 7 minutes of exercise</a></p>
<p>TUESDAY 8TH</p> <p><a href="#">Donate to a local charity</a></p>	<p>WEDNESDAY 9TH</p> <p><a href="#">Be grateful for something today</a></p>	<p>THURSDAY 10TH</p> <p><a href="#">Download a new app to boost your wellbeing</a></p>	<p>FRIDAY 11TH</p> <p><a href="#">Try 11 minutes of exercise</a></p>	<p>SATURDAY 12TH</p> <p><a href="#">Post those Christmas cards</a></p>	<p>SUNDAY 13TH</p> <p><a href="#">Enjoy a walk in the woods with loved ones</a></p>	<p>MONDAY 14TH</p> <p><a href="#">Have a long soak in the bath with a good book</a></p>
<p>TUESDAY 15TH</p> <p><a href="#">Call a friend</a></p>	<p>WEDNESDAY 16TH</p> <p><a href="#">Bake a cake or make some cookies</a></p>	<p>THURSDAY 17TH</p> <p><a href="#">Try 17 minutes of exercise</a></p>	<p>FRIDAY 18TH</p> <p><a href="#">Make a playlist of your favourite Christmas music</a></p>	<p>SATURDAY 19TH</p> <p><a href="#">Time to start wrapping</a></p>	<p>SUNDAY 20TH</p> <p><a href="#">Turn on your favourite Christmas movie</a></p>	<p>MONDAY 21ST</p> <p><a href="#">Have a conversation with a neighbour</a></p>
<p>TUESDAY 22ND</p> <p><a href="#">Sing a Christmas carol</a></p>	<p>WEDNESDAY 23RD</p> <p><a href="#">Try 23 minutes of exercise</a></p>	<p>THURSDAY 24TH</p> <p>Take some time to relax after all your hard work</p>	<p>CHRISTMAS DAY!</p> <p>Merry Christmas from the University of Bath</p>			



Merry Christmas from all the  
Wellbeing Champions!

Roll on 2021