

WELL-BEING

ITS NEARLY CHRISTMAS

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

<p>TUESDAY 1ST</p> <p>Could you send an extra gift this year?</p>	<p>WEDNESDAY 2ND</p> <p>Open a book, or try a new one</p>	<p>THURSDAY 3RD</p> <p>Carry out an act of kindness</p>	<p>FRIDAY 4TH</p> <p>Download a new podcast</p>	<p>SATURDAY 5TH</p> <p>Buy some seeds and get planting</p>	<p>SUNDAY 6TH</p> <p>Get in the kitchen and try a new recipe</p>	<p>MONDAY 7TH</p> <p>Try 7 minutes of exercise</p>
<p>TUESDAY 8TH</p> <p>Donate to a local charity</p>	<p>WEDNESDAY 9TH</p> <p>Be grateful for Something today</p>	<p>THURSDAY 10TH</p> <p>Download a new APP</p>	<p>FRIDAY 11TH</p> <p>Try 11 minutes of exercise</p>	<p>SATURDAY 12TH</p> <p>Send those Christmas cards</p>	<p>SUNDAY 13TH</p> <p>Find & enjoy a walk with loved ones</p>	<p>MONDAY 14TH</p> <p>Have a long soak in the bath</p>
<p>TUESDAY 15TH</p> <p>Call a Friend</p>	<p>WEDNESDAY 16TH</p> <p>Bake a cake or make some cookies</p>	<p>THURSDAY 17TH</p> <p>Try 17 minutes of exercise</p>	<p>FRIDAY 18TH</p> <p>Turn that out of office ON</p>	<p>SATURDAY 19TH</p> <p>Time to start wrapping</p>	<p>SUNDAY 20TH</p> <p>Watch your favourite christmas movie</p>	<p>MONDAY 21ST</p> <p>Have a conversation with a neighbour</p>
<p>TUESDAY 22ND</p> <p>Sing a Christmas carol</p>	<p>WEDNESDAY 23RD</p> <p>Try 23 minutes of exercise</p>	<p>THURSDAY 24TH</p> <p>Last minute dash to the shops</p>	<p>CHRISTMAS DAY!</p> <p>RELAX & ENJOY!</p>			