

Festive Wellbeing Calendar

Click on the windows to open up a new winter wellness activity every day in December

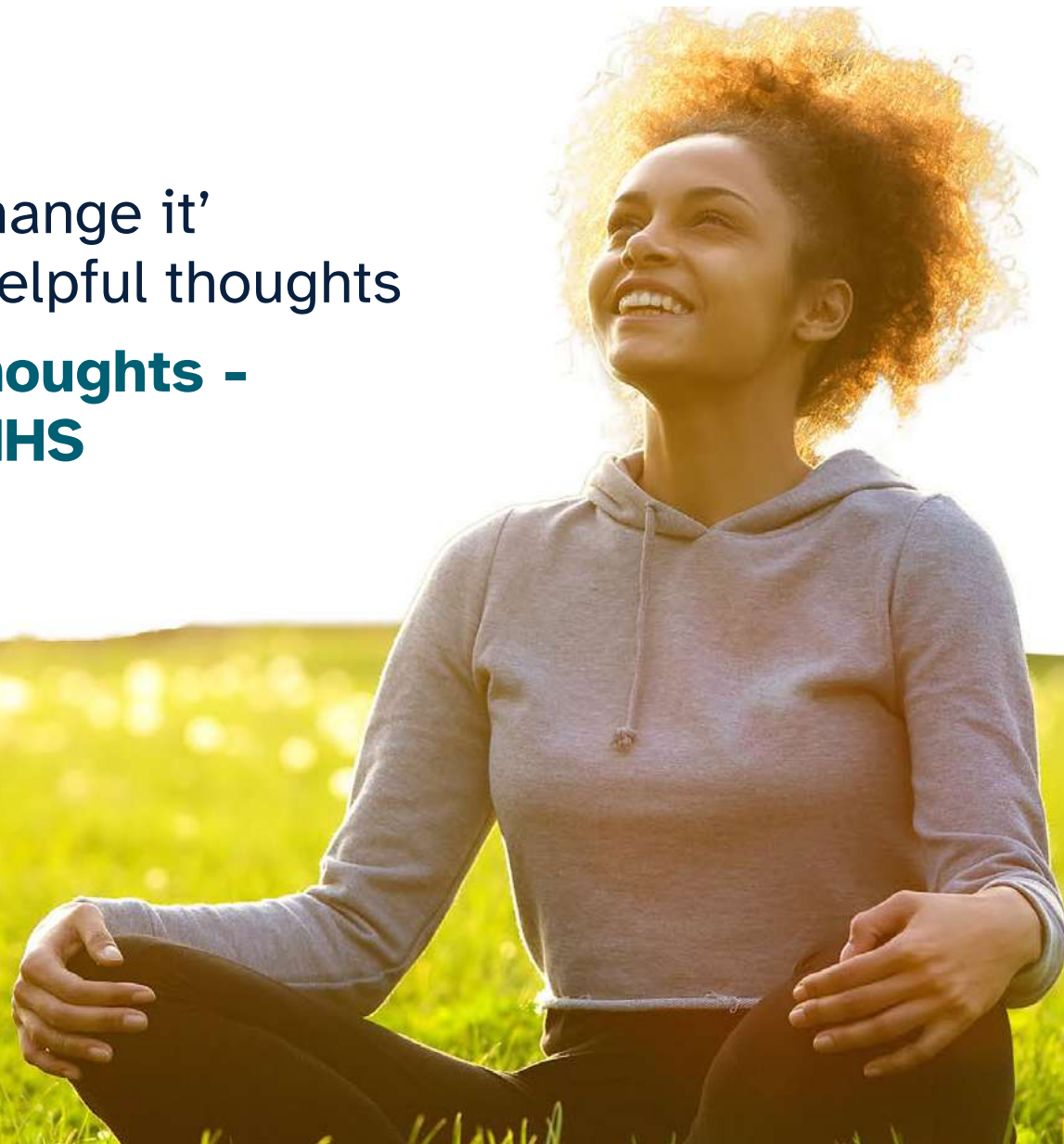
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Day 1

Try the 'catch it, check it, change it' approach for reframing unhelpful thoughts

 **Reframing unhelpful thoughts -
Every Mind Matters - NHS**





Day 2

Explore how you can implement flexible boundaries in order to meet your own needs this festive season

 **How to set boundaries with family this Christmas**





Day 3

The added pressures of the festive period can be tough, but it's important to know that there is always somebody to talk to, check out this image which includes lots of different helpline numbers, there for you whenever you need them...

 **Coping at Christmas**





Day 4

Attend a Community Day in Shepton Mallet,
5.30-8.30pm, 57C High Street,
Shepton Mallet, BA4 5AQ





Day 5

Attend a Drop-in coffee morning - 10am to 12pm at the Fore Street building on the High Street in Bridgwater.

Every Friday except for the last Friday of the month. There's no need to book, just turn up. We'll be serving coffee and cake, and the session will be led by a Recovery & Wellbeing worker and volunteer.





Day 6

If you like getting creative, search online for DIY gift ideas and create something to give to a loved one this Christmas

 **900+ Christmas Gift Crafts ideas in 2024**

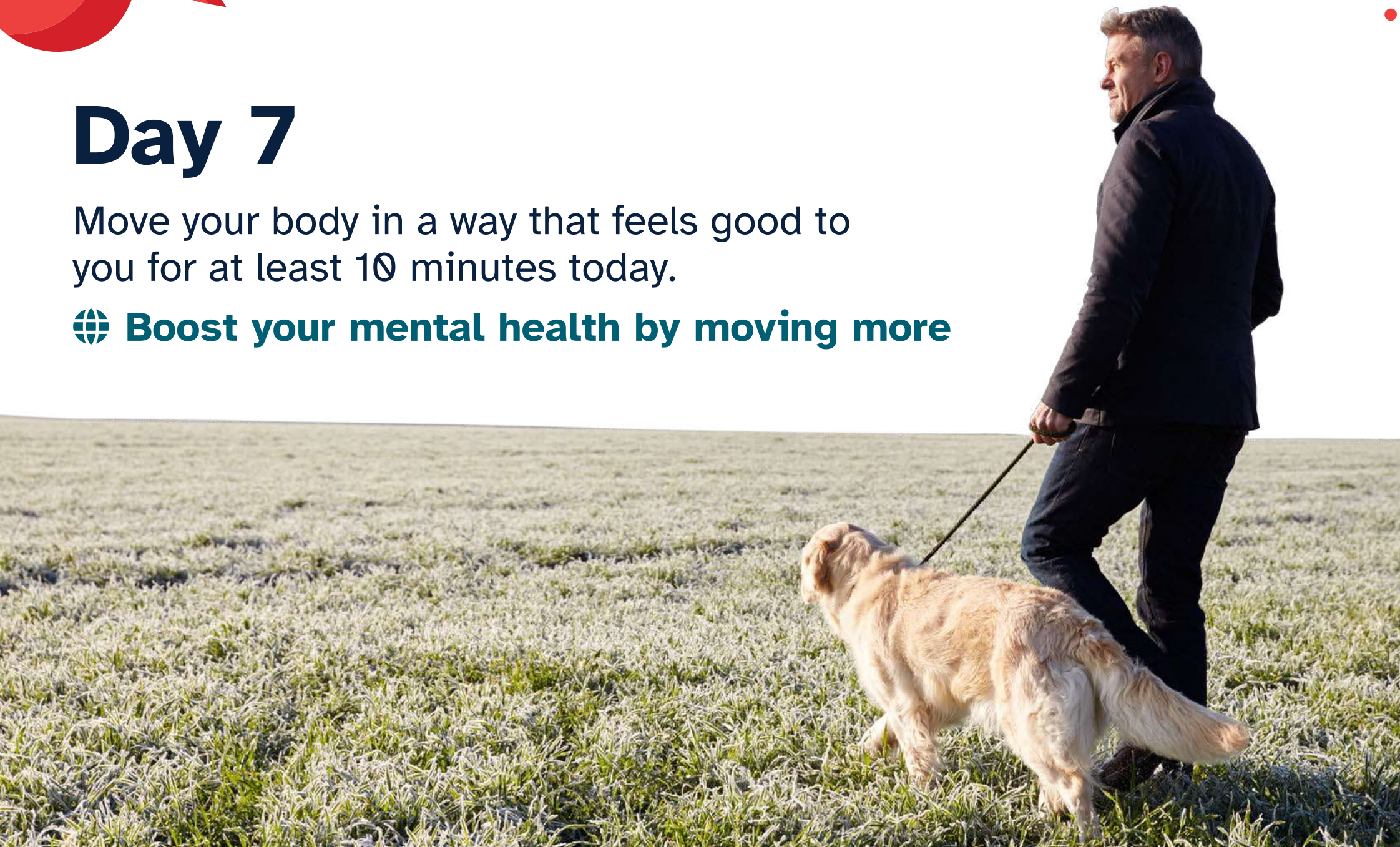




Day 7

Move your body in a way that feels good to you for at least 10 minutes today.

 **Boost your mental health by moving more**





Day 8

Look up how you can support people living with mental illness during the festive period

 **Supporting others at Christmas**

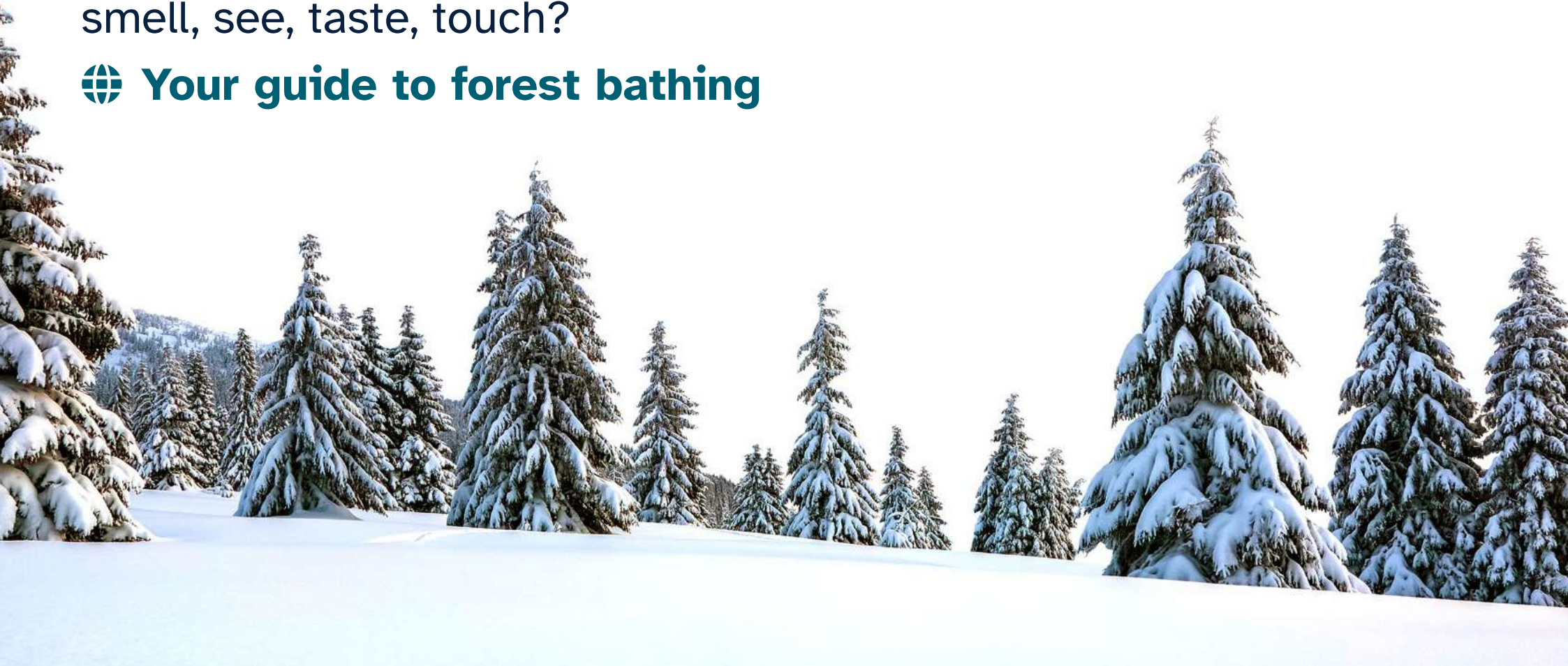




Day 9

Step outside and engage all of your senses, what can you hear, smell, see, taste, touch?

 **Your guide to forest bathing**





Day 10

Try a guided breathwork exercise to de-stress.

 **Box Breathing Relaxation Exercise,
5 Minutes Beginner Pace**





Day 11

Create your own free Mind Plan, an action plan with tips from mental health experts, to help you: deal with anxiety and stress, sleep better, feel more in control.

 **Get Your Mind Plan, Every Mind Matters NHS**





Day 12

If you struggle during the festive period, you are not alone. Try joining the online peer support community Togetherall

 **Togetherall**





Day 13

Attend a Community Day in Taunton, Saturdays 12-3pm,
21 Canon Street, Taunton, TA1 1SW.





Day 14

Start a gratitude journal.
At the end of each day,
write down one thing that
you are grateful for.
Anything from the light on
your face, to a peaceful
moment in your day.





Day 15

Check out some strategies for tackling your worries and reducing overwhelm.

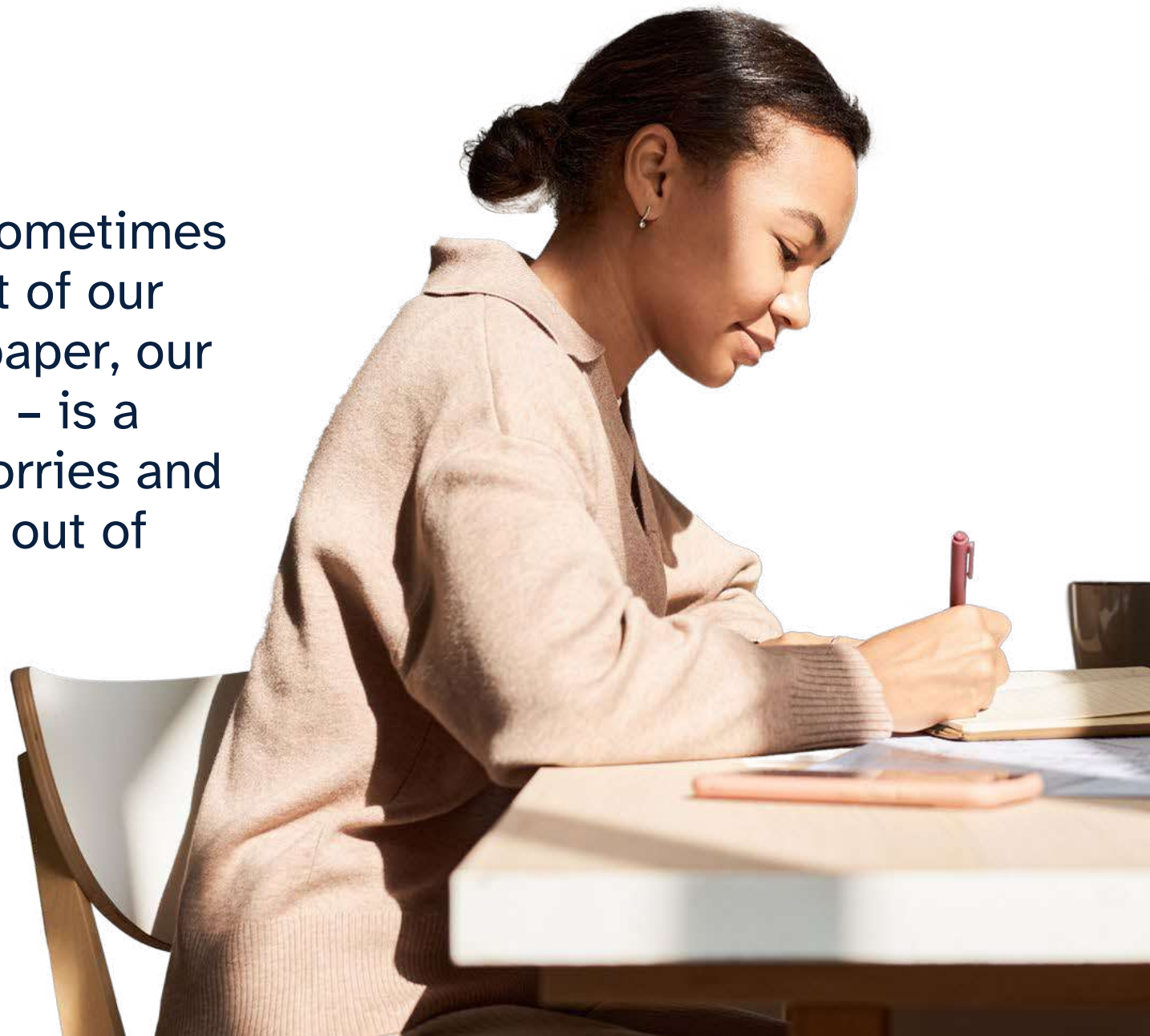
 **Tackling your worries,
Every Mind Matters NHS**





Day 16

Give journaling a go - Sometimes getting our thoughts out of our head - and down onto paper, our phones or anything else - is a great way to stop our worries and "what ifs" from spiraling out of control.





Day 17

Practice problem solving - Learning new ways to work through your problems can make them feel more manageable, and improve your mental and physical wellbeing.

 **Problem solving,**
Every Mind Matters NHS

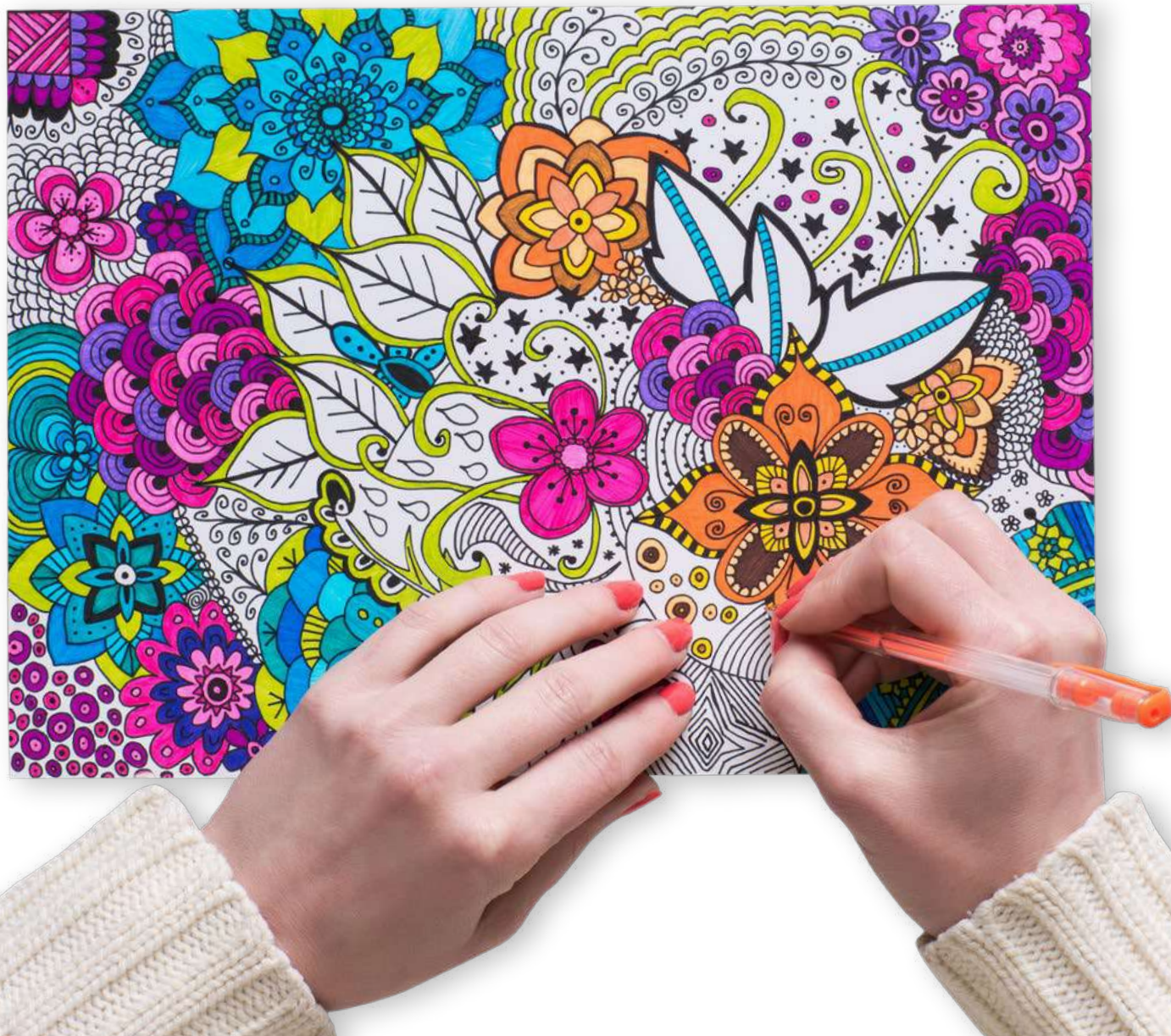




Day 18

Try Mindful drawing
to help to empty
your mind and
de-stress

 **Lines of Zen**





Day 19

Sign up for anxiety easing emails from Every Mind Matters, easing your anxiety, one step at a time. Sign up now for a step-by-step programme that will help you feel more in control.

 **Every Mind Matters**
Registration





Day 20

Write a Safety Plan for yourself, to keep you safe if you have a mental health crisis. Everyone should create a safety plan, you never know when you might need it.

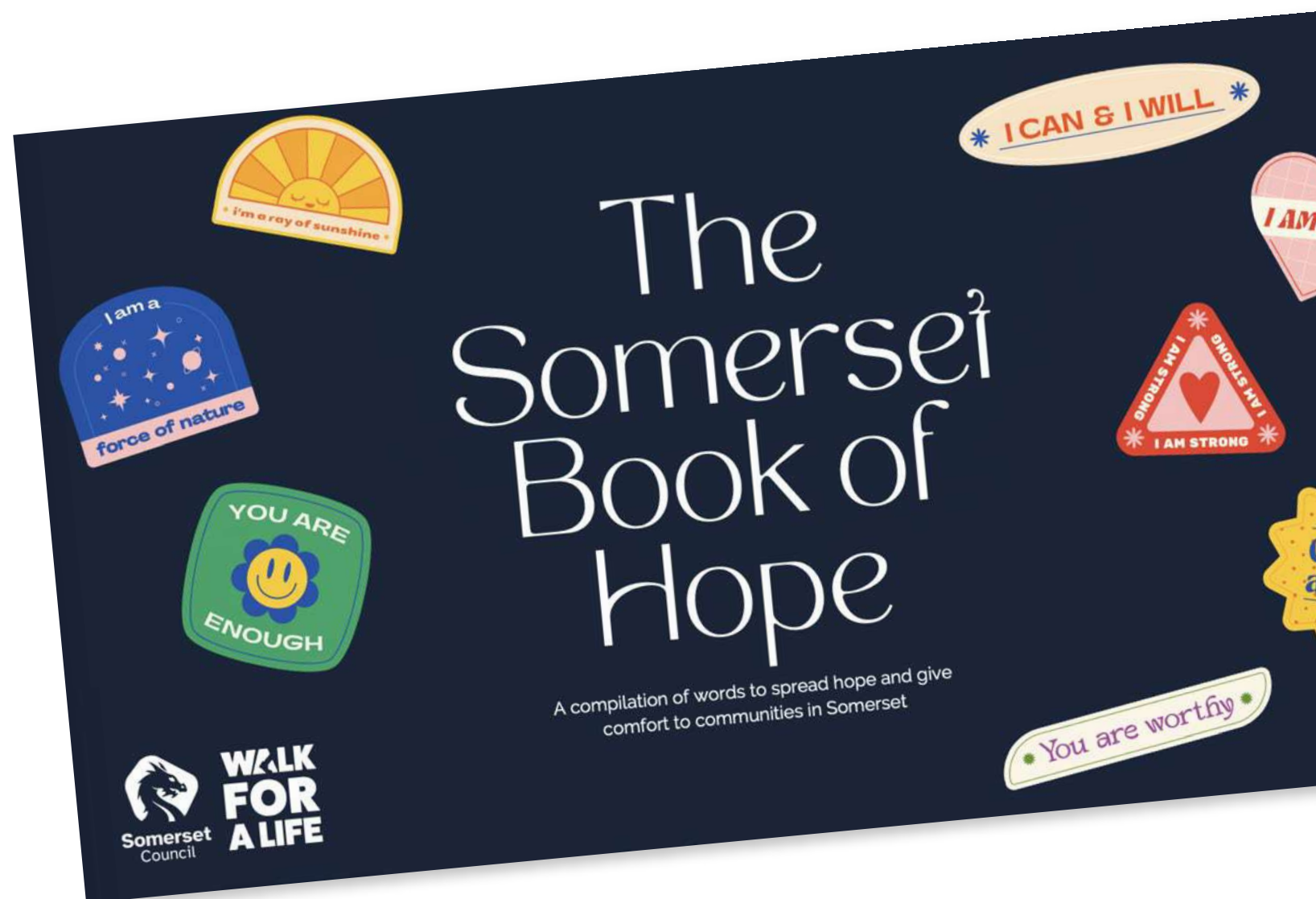
 **Every Mind Matters Registration**





Day 21

Have a look at the Somerset Book of Hope, it includes lots of uplifting quotes and lyrics submitted by people who live in Somerset

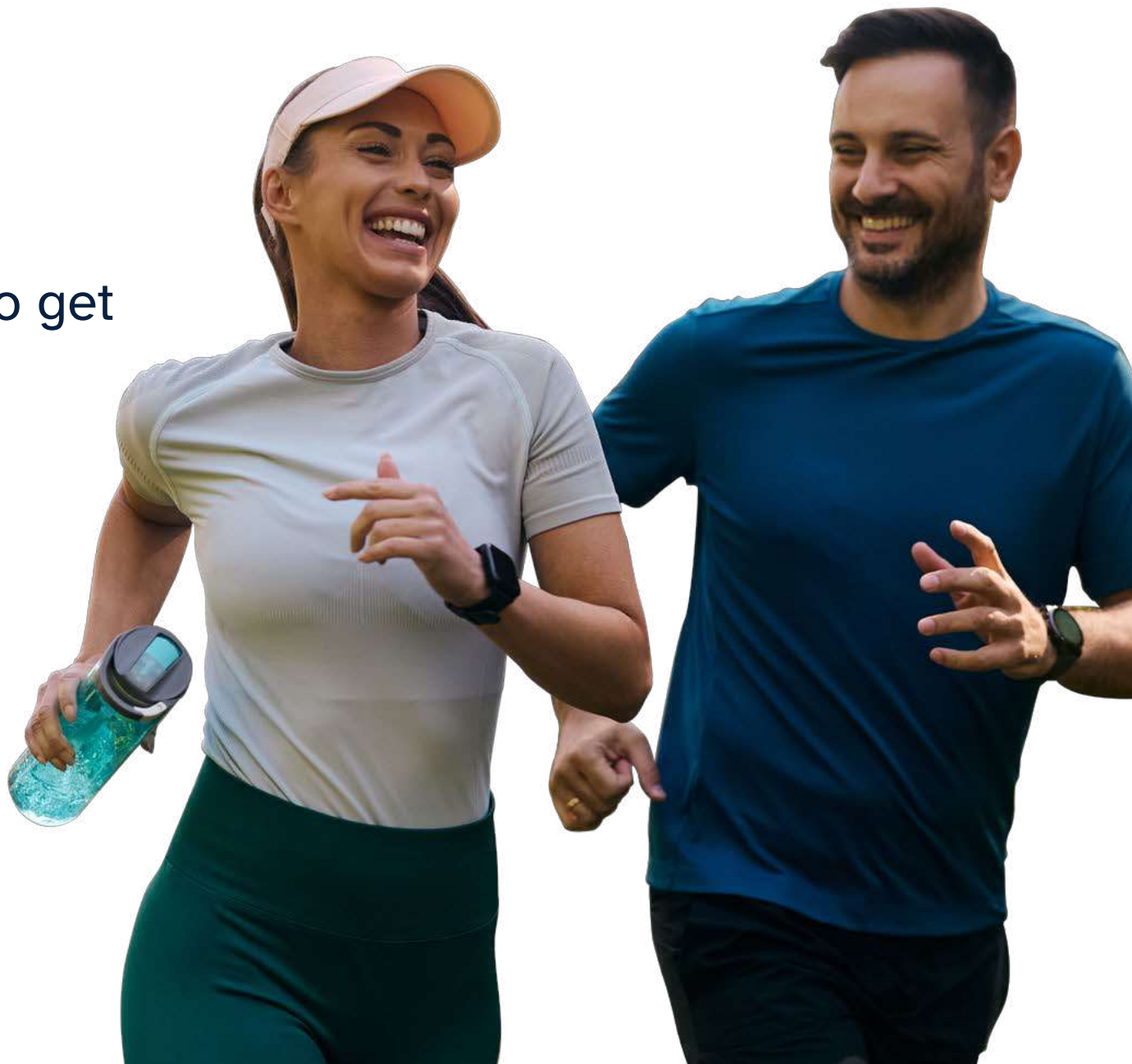




Day 22

Try attending your local Parkrun, it's a great way to get fit and join a welcoming community of people, available for anyone, any ability, any age.

 **Parkrun UK**





Day 23

Visit your local library, a warm space where you can meet local people, take out books/iPads and use computers. Somerset Libraries also host lots of free events for individuals and families – you can view the events here:

 **Library events**

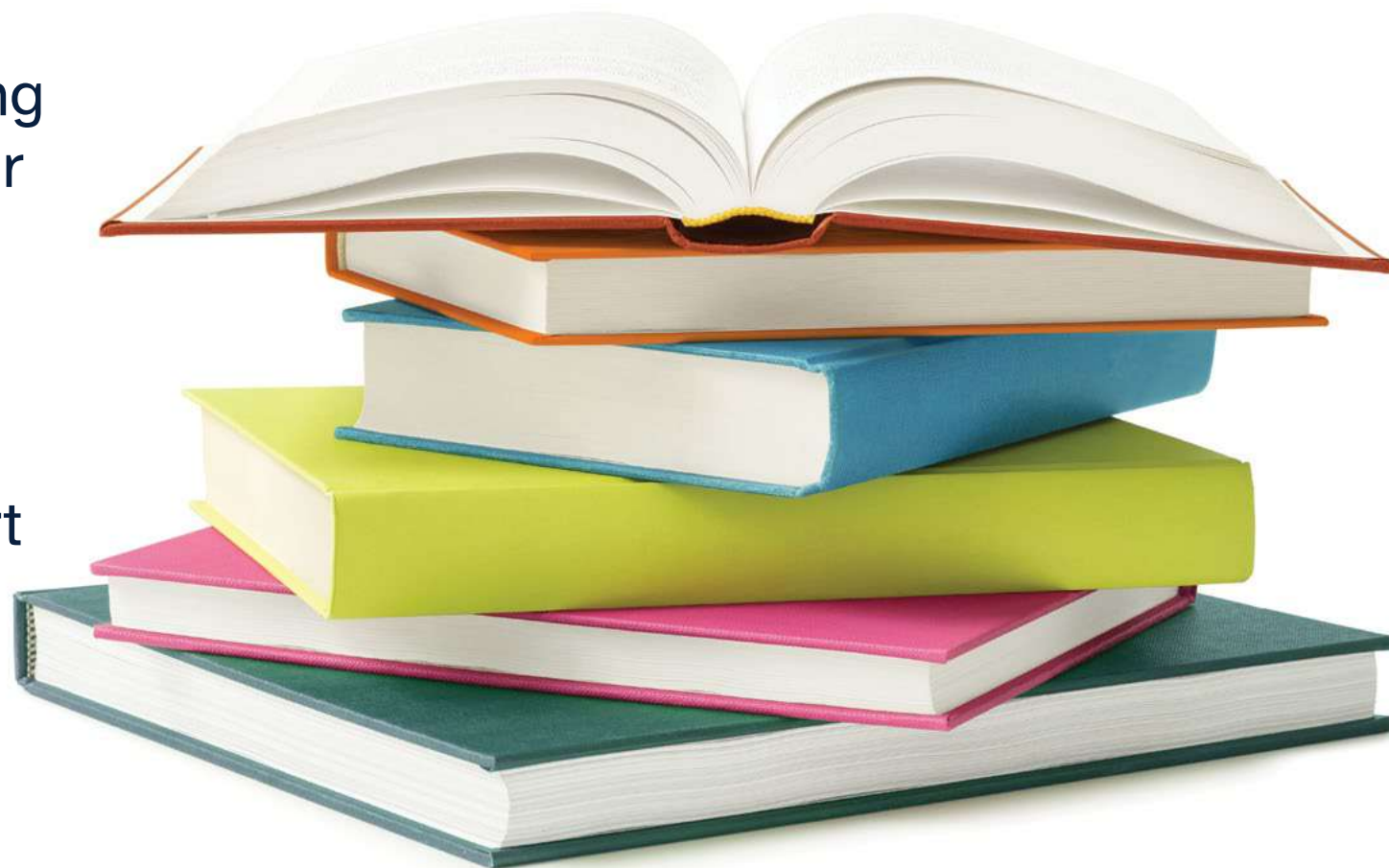




Day 24

Check out the Reading Well collection at your local library, books selected by professionals and those with lived experience to support your wellbeing.

 **Reading Well,
The Reading
Agency**





Day 25

Visit your local Warm Space to meet other people in your community, there is a map available to find your nearest space here

 **Find a Warm Welcome, Spark Somerset**





Day 26

Learn more about how the 5 ways to wellbeing can support your mental health and wellbeing.

 **5 Ways to Wellbeing**
Mind, Mind





Day 27

Say hello or smile to someone you see whilst out and about today if you can.





Day 28

Create a playlist of songs that make you feel good.

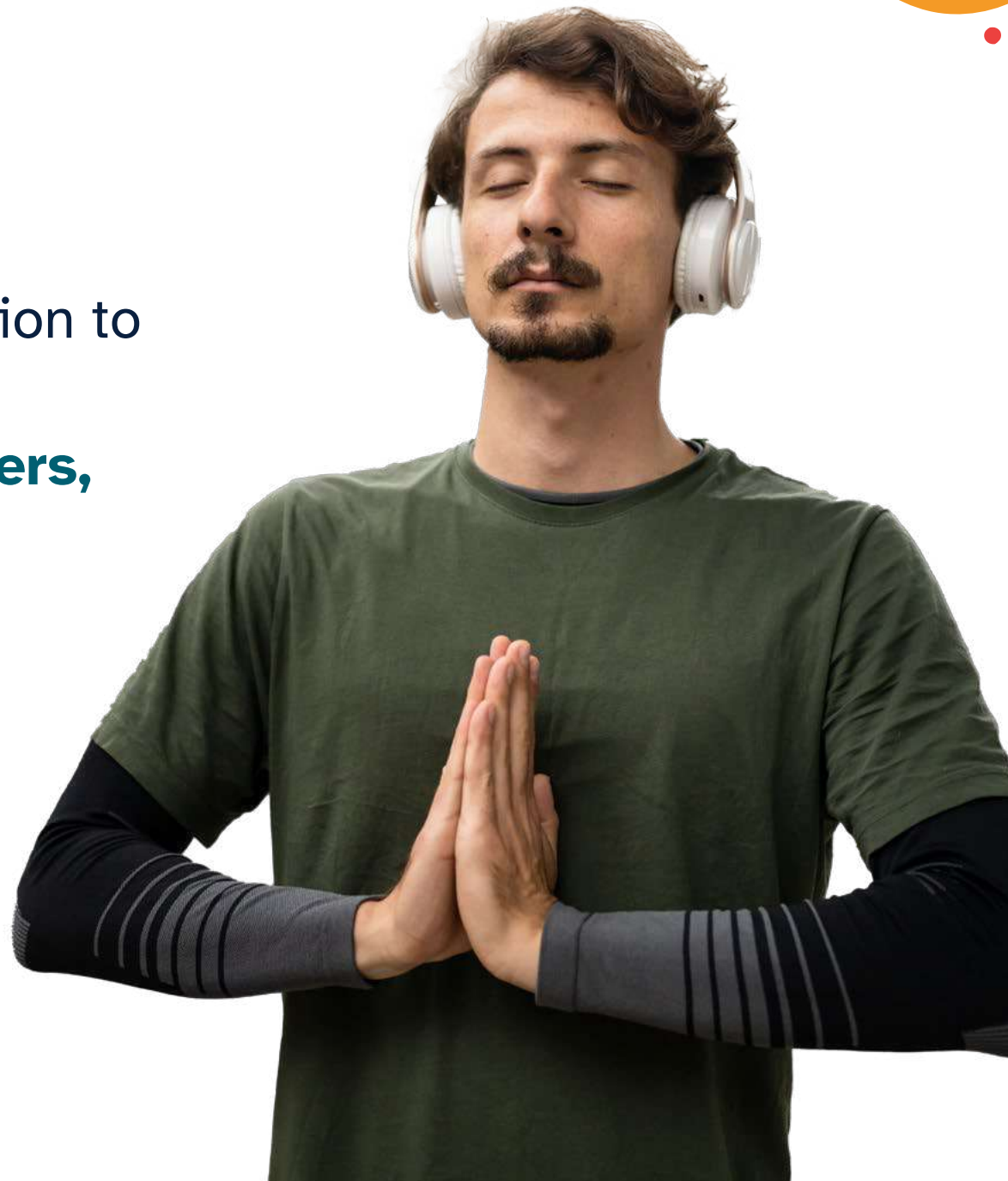




Day 29

Try listening to a guided meditation to reduce stress and overwhelm.

 **How to meditate for beginners,
Mental wellbeing tips
Every Mind Matters, NHS**





Day 30

Make a cup of tea/coffee
for somebody
you live or
work with.





Day 31

Light a candle, even small gestures like this can improve our emotional wellbeing.

