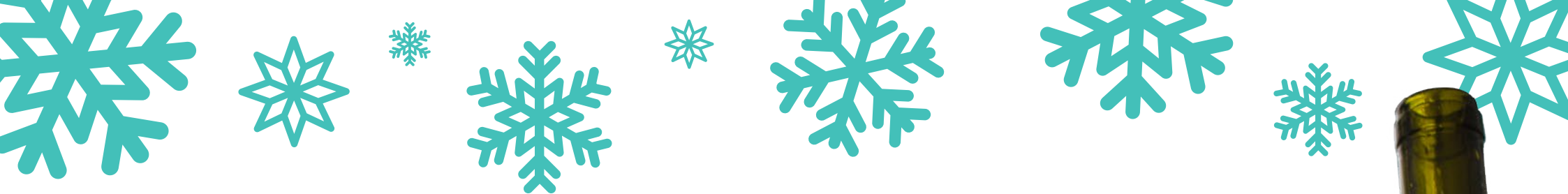


January Wellbeing Calendar

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

Alcohol is sometimes used by people to try and help manage symptoms of anxiety and depression, but excessive drinking is likely to make those symptoms worse. Why not give “Dry January” a go this year and see if you notice any benefits for your mental health? From better sleep and a mental health boost, to saving money and time - there's a whole lot to gain this Dry January. Visit this website to find out more:

 **Dry January®**, Alcohol Change UK

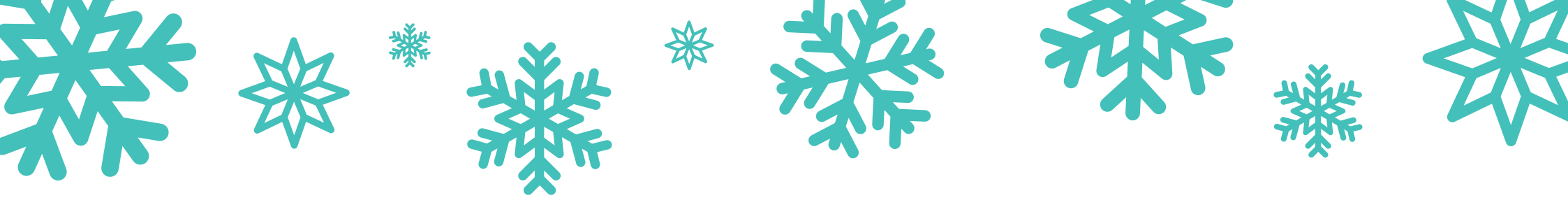




Day 2

If you are struggling, you can contact Mindline anytime day or night – they can offer a non-judgmental listening ear, no matter what you are going through - **01823 276 892 (local)** or **0800 138 1692 (freephone)**.

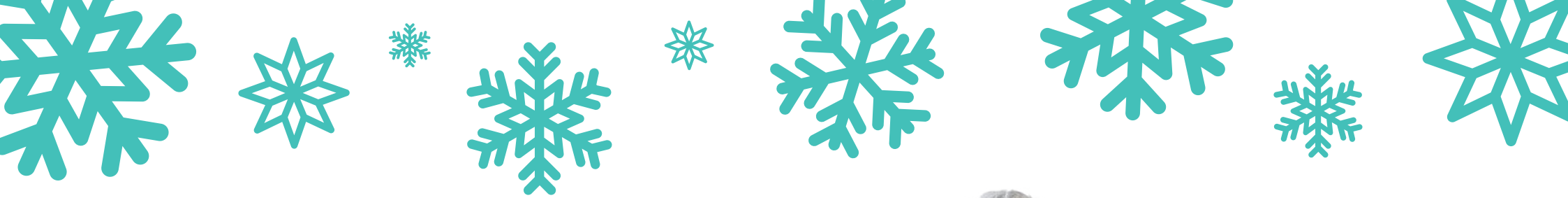




Day 3

Review who you follow on social media – ask yourself whether the content makes you feel good or bad about yourself and unfollow anyone who doesn't make you feel good.





Day 4

Try joining a local gym or exercise group

 **Somerset Activity & Sports Partnership - Somerset Activity & Sports Partnership**





Day 5

If English is not your first language, or you have recently arrived in England, Diversity Voice provide drop in sessions you can attend to meet people and get support. Times and locations are available here:

 **Drop ins -
Diversity Voice**





Day 6

Take a moment today to notice the feeling of the cool air on your skin.



Day 7

Try creating a vision board to set clear intentions for the year ahead

🌐 **How to Use a Vision Board to Achieve Your Goals**





Day 8

Wash out an old jar and keep it – start a new habit of writing down when something good happens and storing it in the jar, you can look at these whenever you feel low.





Day 9

Sign up for the Positive News newsletters.

🌐 **Positive News | Good journalism about good things - Positive News**

Newsletter

News +++ Information +++ News +++ Information +++ News +++ Information +++ News

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Day 10

Turn off notifications on social media and email apps – these can increase sense of overwhelm.





Day 11

Complete emotional wellbeing e-learning to help you to understand how to look after your mental health and wellbeing and support others. Click this link: **Course: Emotional Wellbeing (for external users)** click: Manual Login, click: Log in as a guest.



Several teal-colored snowflake icons of various sizes are scattered across the top of the image, some overlapping the white background and others the man's head.

Day 12

Thought for the day: "Always remember that you are braver than you believe, stronger than you seem, smarter than you think and loved more than you know" - Christopher Robin

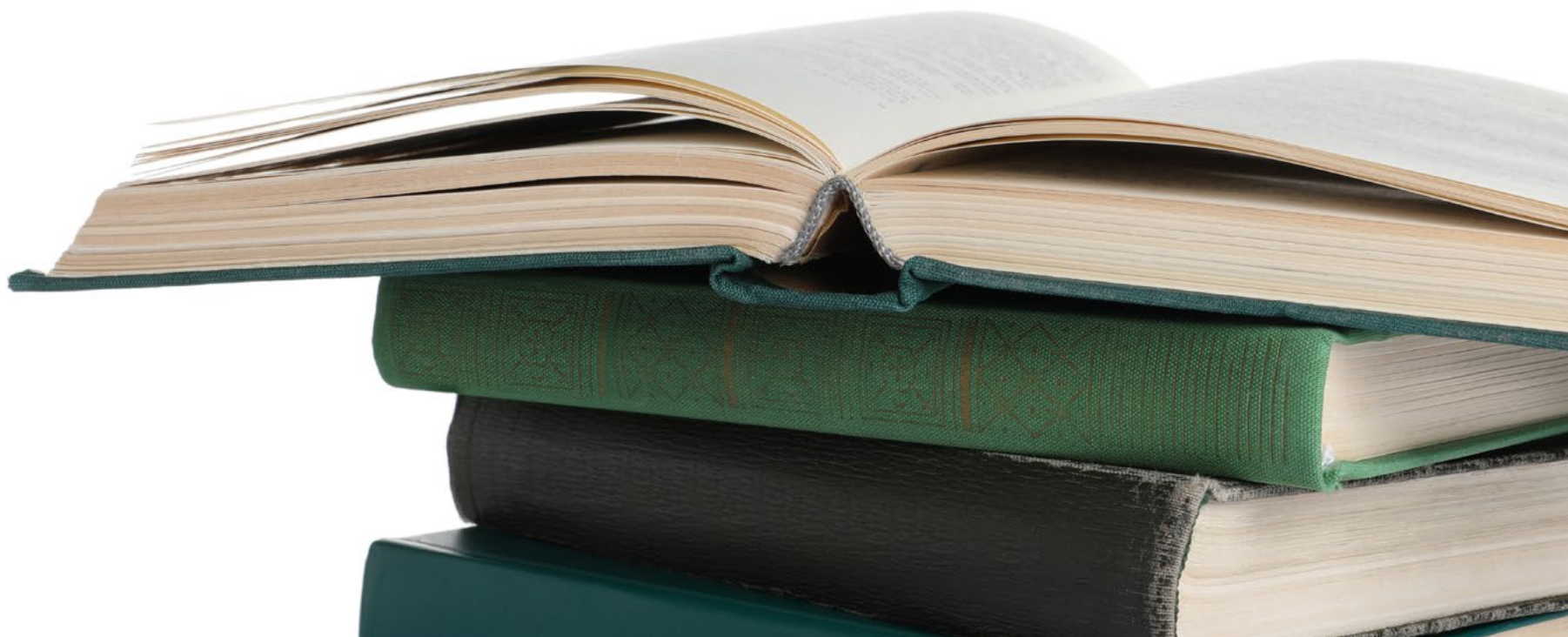




Day 13

Visit Somerset Skills and Learning to find out about free learning opportunities in Somerset

 **Education & Training Providers | SS&L**





Day 14

Listen to an episode of the Health and Self-care Podcast that interests you.

 **Health and Self Care**





Day 15

Write a to do list including even small things like getting out of bed, having a shower, packing a school or work bag, tick them off as you go throughout the day.





Day 16

Struggling with sleep?

Sign up for tips to be sent straight to your inbox

 **Registration - Every Mind Matters**





Day 17

Download the free
couch to 5k app to help
you get moving


 **Get running with
Couch to 5K - NHS**





Day 18

Struggling with money? Reach out to Citizens Advice for free expert support and guidance

 **Citizens Advice**
**Somerset - Free,
confidential, advice
to help you.**

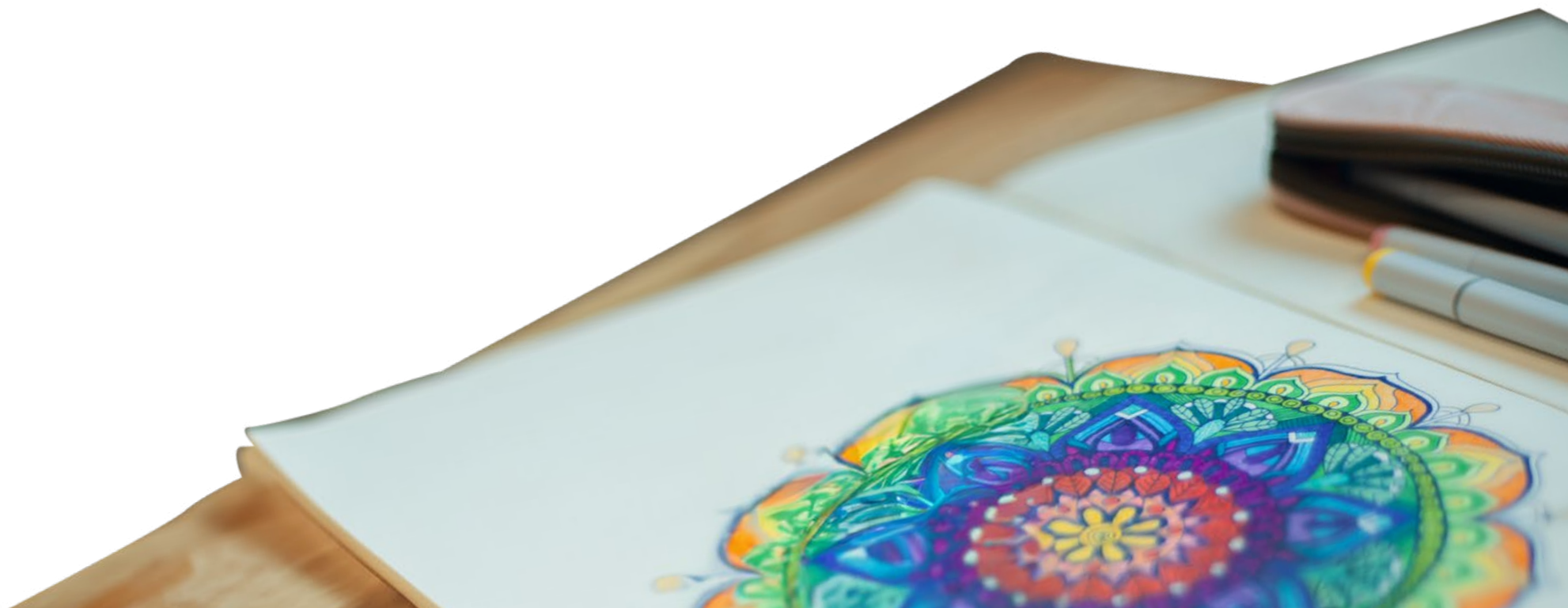




Day 19

Focus on being “Mindful” for 5 minutes today

- 🌐 **What is mindfulness?**
Mental wellbeing tips - Every Mind Matters - NHS





Day 20

Do a guided meditation

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





Day 21

Try listening to a podcast on a topic that interests you.





Day 22

Look up local volunteering initiatives

 **Volunteer campaign,
Spark Somerset**





Day 23

Thought for the day:

“Don’t take criticism from someone you wouldn’t take advice from.” – Dakota Meyer





Day 24

Try reducing your screen time or having a digital detox, there are lots of benefits for your mental health and wellbeing.

🌐 **Mental Health Awareness: Keeping your screen time healthy - BBC News**





Day 25

Try reducing your consumption of the news, it can help to reduce anxiety about things we cannot control.





Day 26

Visit a green space near you and connect with nature for your wellbeing.

 **Discover Somerset | Somerset Natural Beauty |
Beauty in Somerset | Visit Somerset
Visit Somerset**





Day 27

If you or someone you know claims Personal Independence Payments (PIP) – visit this website to access their guide to submitting the new assessment forms.

 **Turn2us PIP Helper**

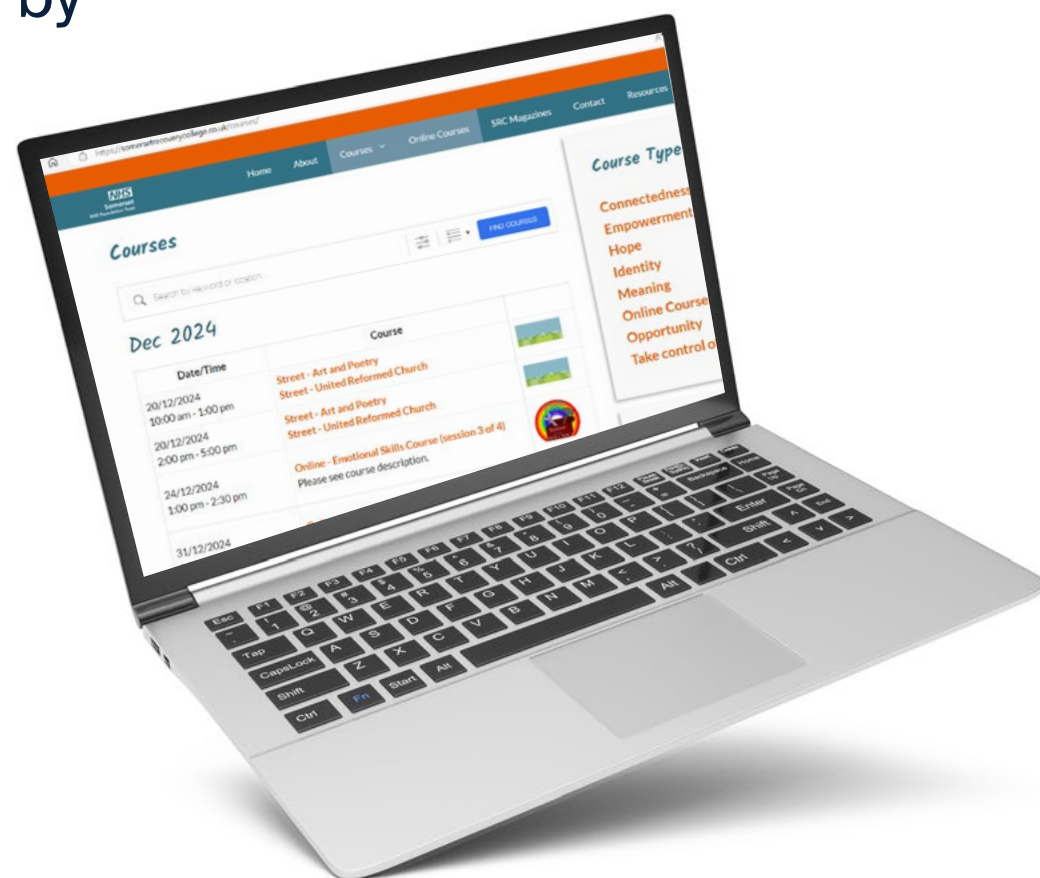


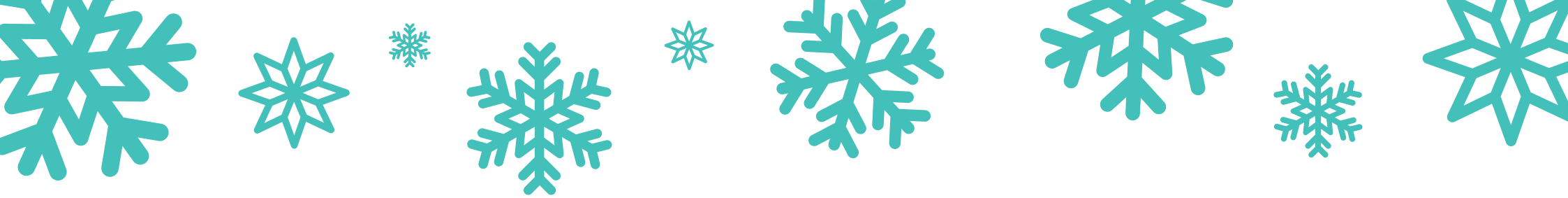
turn
2US

Day 28

Check out some of the free wellbeing courses provided by The Somerset Recovery College, hosted by Somerset NHS Foundation Trust for the wellbeing of people in Somerset.

 **Somerset Recovery College –
A college providing courses
to improve mental health for
people in Somerset**

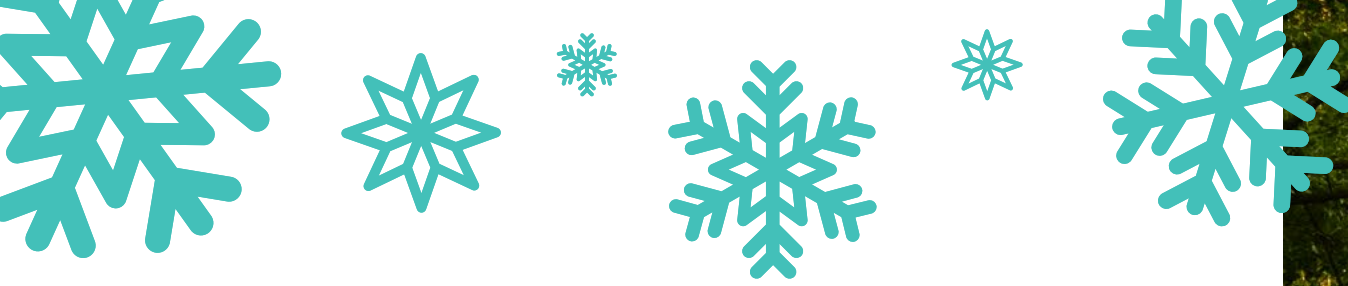




Day 29

Do you or your children need a winter coat? Somerset Libraries are running the Winter Coat Exchange Scheme again this year. Taunton, Priorswood (Taunton), Bridgwater, Yeovil, Glastonbury, Chard, and Dulverton Libraries are taking part. The scheme is simple: You can take a coat without making a donation. You can donate a coat without taking one. All donations must be of good quality and in a clean condition. Coats of any shape or size, for adults or children are accepted.

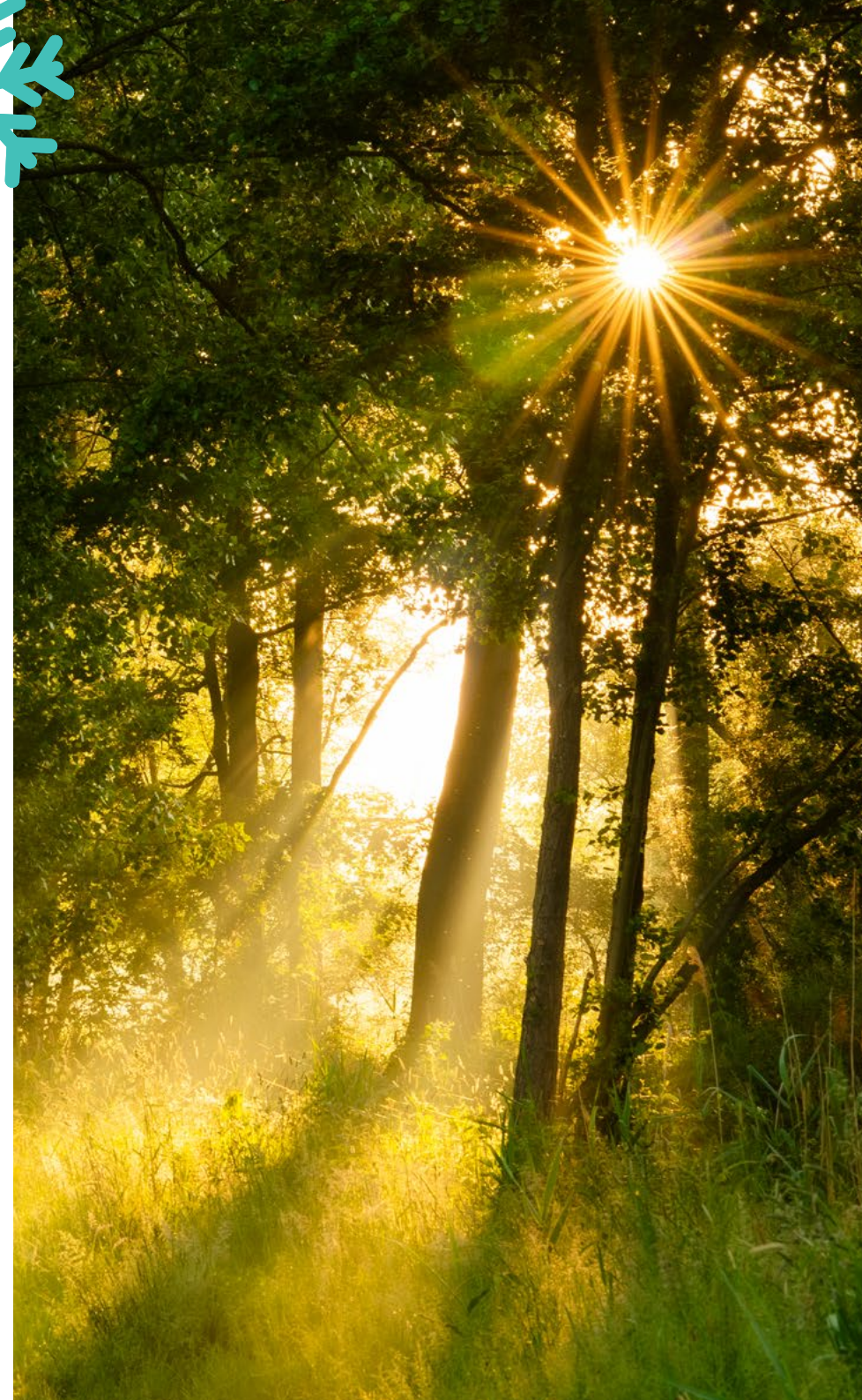


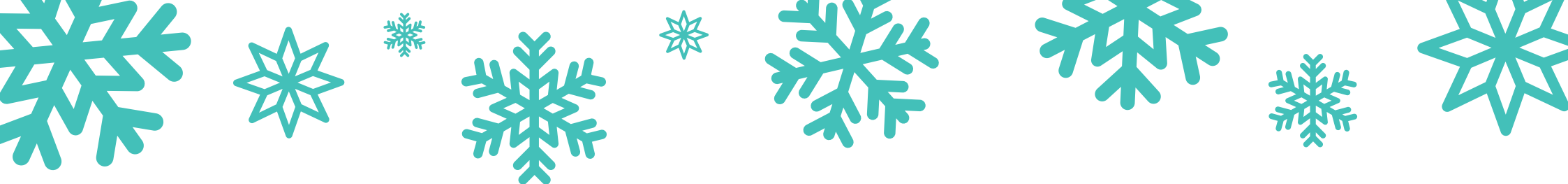


Day 30

Thought of the day: “Happiness can be found even in the darkest of times, if one only remembers to turn on the light.”

- Dumbledore (Harry Potter)





Day 31

We all know that quitting smoking improves physical health. But it can also boost your mental health and wellbeing: by improving mood and helping to relieve stress, anxiety and depression. Smokefree Somerset is your free local stop-smoking service which is provided by Somerset's Public Health team. Find out how to access this free support on their website:

 **Smokefree Somerset**

