

# The Blue Sky Wellbeing Advent Calendar



The lead up to Christmas is a fun and exciting time, but for some people it can be a very difficult time, and leave them feeling anxious, lonely or stressed.

We've created a Wellbeing Advent Calendar, to help you take up to 15 minutes a day throughout December to do an activity that will boost your wellbeing. This will also provide an opportunity for you to learn activities and exercises that may help you look after your mental health.

We would love to see how you use your Wellbeing Advent Calendar!

Send us any pictures or feedback.





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Play some calming music. Close your eyes and listen, focusing on your breathing.</p>	<p>3</p> <p>Write down 'three good things' that have happened this week at work. For each thing, think about how it made you feel at the time and why.</p>	<p>4</p> <p>Kick off your Wednesday with some stretching. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms...</p>	<p>5</p> <p>Write a list of people to say thank you to. If they are in the team, try and say thank you by the end of the day.</p>	<p>6</p> <p>Spend some time doodling. Tip: Start the doodle with circles, swirls, triangles and repetitive patterns.</p>
<p>9</p> <p>Take 15 minutes and go for a walk. While you walk, take in your surroundings, and take in how it feels to walk, how your feet feel on the floor. Take in that moment.</p>	<p>10</p> <p>Put on a Christmas song (or any song) and have a sing along.</p>	<p>11</p> <p>Spend 5 minutes focusing on your breathing. Close your eyes and listen to your breath as you inhale for 4 seconds and exhale for 4 seconds.</p>	<p>12</p> <p>Do some discrete desk yoga <a href="https://yogalondon.net/monkey/yoga-poses-at-your-desk/">https://yogalondon.net/monkey/yoga-poses-at-your-desk/</a></p>	<p>13</p> <p>It's Christmas Jumper Day. Wear your Christmas jumper or your favourite jumper.</p>
<p>16</p> <p>Start a positive trend and give some compliments to others.</p>	<p>17</p> <p>Take 15 minutes to listen to a podcast or to read something interesting.</p>	<p>18</p> <p>Play a song for a few minutes to shake off the tension and have a dance.</p>	<p>19</p> <p>At the end of the day, ask yourself what you are grateful for or what made you smile today.</p>	<p>20</p> <p>Watch or read "Oh the places you'll go" <a href="https://www.youtube.com/watch?v=d6zeza6wf-k">https://www.youtube.com/watch?v=d6zeza6wf-k</a> <a href="https://genius.com/Dr-seuss-oh-the-places-youll-go-excerpt-annotated">https://genius.com/Dr-seuss-oh-the-places-youll-go-excerpt-annotated</a></p>