

Winter wellbeing calendar

December 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|---|---|
| <p>Use the suggestions in this winter months calendar to improve your wellbeing and connect to others. You can fill in the blanks yourself with your own thoughts and ideas.</p> | | <p>If you know or work with young children, download The Snowman™ and the Snowdog kindness calendar.</p> | <p>Catch up with a friend, neighbour or family member you haven't spoken to for a while.</p> | | <p>Visit a park or wood or remember somewhere outdoors you've been to in the past.</p> | <p>Listen to The kind place podcast. Who can you catch up with today?</p> |
| <p>Think of three activities that you want to do this week. How can you make sure that you do them?</p> | | <p>Download our Wellbeing resource pack, with activities to help boost your confidence and wellbeing.</p> | <p>Write a letter to your younger self or a young relative: What key messages can you pass on to help?</p> | | | <p>Get creative by drawing, writing, or trying a craft.</p> |
| <p>Reflect on the last week - what activities did you enjoy and what would you like to do this week?</p> | | <p>If you're supporting someone who is lonely, or feeling lonely yourself, sign up to our Tackling loneliness workshops.</p> | | | <p>Close your eyes, imagine yourself somewhere calm like the beach. Now breathe slowly for 30 seconds. Find our 30 second relaxation online.</p> | <p>Watch your favourite winter film. Then share why you like it with someone else and find out their recommendations too.</p> |
| <p>If someone you know is feeling stressed, pass on this web resource with ideas to help them cope.</p> | <p>Learn how to look after yourself and others by downloading our first aid apps.</p> | | <p>Think about how your own resources help you in different situations. This simple online activity may help.</p> | | <p>Give 'seasons greetings' to a friend, relative, or neighbour</p> | <p>What can you recycle, upcycle or pass on as a kind act for others? Consider donating to a British Red Cross charity shop.</p> |
| <p>Have a big stretch, from your toes to the tips of your fingers, then say three nice things that you like about yourself.</p> | | <p>Update your first aid knowledge of Burns. Use our apps to learn and test yourself.</p> | <p>Try baking something warming. Or remember a favourite meal you had with a relative or friend.</p> | <p>Light a candle for those you would like to think about and to light the way for 2022.</p> | | |



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January 2022

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|--|--|---|--|--|---|--|
| | | | | | <p>Reflect on the year just gone and set some new goals for this year. You could start a journal about things you are grateful for.</p> <p>1</p> | <p>Thinking of trying something new this year? Consider volunteering with the British Red Cross.</p> <p>2</p> |
| <p>Build resilience for the year ahead by signing up to one of our Adapt and recover from adversity workshops.</p> <p>3</p> | <p>Take some time to think about your health. Use our healthy lifestyle tips to help support your wellbeing.</p> <p>4</p> | | <p>If someone you know is anxious, pass on this web resource which has ideas to help them cope.</p> <p>5</p> | | | <p>Try a simple mindfulness activity from our Wellbeing pack.</p> <p>9</p> |
| <p>Start the week with some simple exercises, then list five nice things that you are doing really well.</p> <p>10</p> | <p>What is your favourite wellbeing activity that you would like to recommend to others?</p> <p>11</p> | | <p>Write the top 5 things you admire about someone else. What can you do in 2022 to develop these traits?</p> <p>12</p> | <p>Take one minute today to learn a simple first aid skill.</p> <p>14</p> | | <p>Spend the afternoon reading a book, magazine – or whatever hobby you like best.</p> <p>16</p> |
| <p>Use our circles of control activity to help you cope with anything you may be worried about this week.</p> <p>17</p> | | <p>If you know or work with young people, download the Kindness activity pack.</p> <p>18</p> | | | <p>Say hello to three people today. Reflect on what you enjoyed most in your conversations.</p> <p>22</p> | <p>Do some gentle exercise – like chair yoga or simple routines.</p> <p>23</p> |
| <p>Write a list of three goals you would like to achieve and the dates you'd like to complete them by.</p> <p>24</p> | | <p>Could you help someone who is unresponsive and not breathing? See what to do on our first aid apps.</p> <p>25</p> | <p>Reflect on ways which you like to connect with others. Then learn more about making connections.</p> <p>27</p> | | <p>Start your weekend by listening to your favourite music.</p> <p>29</p> | <p>Reflect on the last two months of wellbeing - what did you enjoy and what would you like to keep doing?</p> <p>30</p> |
| <p>Remember that the British Red Cross is here for you throughout the year.</p> <p>31</p> | | | | | | |

In 2021, the British Red Cross community education team have educated more than 850,000 children, young people and adults. Find out more and consider making a donation at redcross.org.uk/wellbeing-support

