

WELLBEING FAMILY ACTIVITY CALENDAR

<p>1</p> <p>Journal Create a record of this unique time through journaling. Incorporating things that you are grateful for, no matter how small, can produce feelings of positivity.</p> 	<p>2</p> <p>Maintain a routine Routines provide structure and can help with emotional stability. Try to eat, exercise, go to sleep and wake up at the same time each day.</p> 	<p>3</p> <p>Try meditation or mindfulness</p>  <p>Mindfulness and meditation can help to stop everyday stresses from controlling your emotions.</p>	<p>4</p> <p>Exercise Incorporate some exercise into your day and notice the effect it has on the way you feel emotionally and physically.</p> 	<p>5</p> <p>Listen to a podcast Podcasts can inspire, educate, and entertain us and are a wonderful way to pass time without looking at a screen.</p> 	<p>6</p> <p>Learn & create Invest your time in something you have always been curious about trying.</p> 	<p>7</p> <p>Stay social</p>  <p>Find a way to interact with different people throughout your day using technology.</p>
<p>8</p> <p>Food & mood Research indicates that dietary choices impact our mental health, physical health and quality of life. What changes could you consider?</p> 	<p>9</p> <p>Music & dance Our minds and bodies are connected and moving our bodies to music has real benefits for wellbeing. As the saying goes, 'Dance like no one is watching.'</p> 	<p>10</p> <p>Tidy space tidy mind Our physical environment has been shown to have a direct impact on our mood. Set 10 minutes to organise your room, email inbox or technology folders.</p> 	<p>11</p> <p>Choose your news</p>  <p>Give yourself a break from the news – why not read a book?</p>	<p>12</p> <p>Nature lover Connect with nature from your window, balcony or by watching a documentary. Appreciating nature has been shown to increase health and happiness.</p> 	<p>13</p> <p>Enjoy the sunshine</p>  <p>Sunshine can lift our spirits and reduce stress. Let the sunshine and natural light into your room.</p>	<p>14</p> <p>Be kind to yourself You are likely to feel a range of emotions and the way you talk to yourself matters. Notice when you are being self-critical and swap it for compassion.</p> 