

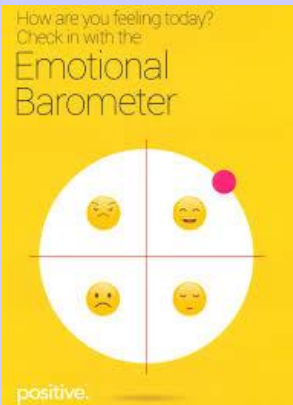










HeadsUp Week Wellbeing Activity Calendar October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Create a self-care box. Fill it with positive messages, pictures and items that boost your wellbeing.</p> <p><i>Self-care helps improve how you feel about yourself.</i></p>	<p>Carry out a random act of kindness to improve a friend's day.</p> <p><i>Kindness to others boost our feel good factor.</i></p> 	<p>Check in with your emotional barometer – are you on the left or the right today?</p> <p><i>Noticing how you feel allows you to take control of your emotions and shift your mood if you need to do so.</i></p>	<p>And breathe.....</p> <p>Challenge yourself to improve your sporting skills in at least 1 event.</p> <p><i>Strengthening our performance boosts our happiness.</i></p>	<p>Bake a cake, draw a picture, knit, sew or garden.</p> <p><i>Practical activities with our hands help us to connect with the world around us.</i></p>
<p>Stop; Breathe; Be</p>  <p><i>Doing a .b brings your attention back to the present moment</i></p>	<p>Sit in your garden or an open space and listen carefully to the sounds around you.</p> <p><i>Nature is a soothing friend for our busy minds and bodies.</i></p> 	<p>Have a go at focussing on your breath. Close your eyes and do a 7-11 or a FOFBOC. (Feet On Floor, Body On Chair)</p>  <p><i>Being in the present moment helps calm you.</i></p>	<p>Take a walk and enjoy the autumn nature around you.</p> <p><i>Connecting with nature helps you feel calm.</i></p> 	<p>Create a feel good playlist for yourself or your family.</p> <p><i>Music is a powerful way to improve your mood state.</i></p> 
<p>Plan time this week when you will go device-free.</p> <p><i>Time away from devices helps you balance your wellbeing.</i></p>	<p>Write down three things you are grateful for.</p> <p><i>Noticing the good things in your life improves your sense of appreciation.</i></p>	<p>Energise or calm your body with fitness and exercise.</p> <p><i>Physical activity is vital to feel positive and keep your body fit and healthy.</i></p>	<p>Get your body moving! Play a song that makes you feel good and shake off the tension of the week.</p> <p><i>Movement is motivating!</i></p>	<p>Tell your family how much you appreciate who they are and what they do for you.</p> <p><i>Being thanked makes others feel appreciated and improves how we build relationships.</i></p>