




Stride into the New Year

We are here to help you have a good day today and tomorrow. This starts with looking after your mental health and overall wellness. Use this calendar to try out a different healthy activity each day. Who knows, you might end up liking something you try and decide to keep it up for the rest of the year!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>3</p> <p>Spend 15 minutes listening to music or an audio book.</p>	<p>4</p> <p>Connect with nature – go to the beach, walk in grass barefoot or enjoy some fresh air.</p>	<p>5</p> <p>Project positivity – leave a positive review for a local business you enjoy like a restaurant, café or shop.</p> 	<p>6</p> <p>Go to bed early and wind down with something relaxing – tea, a bath, stretching or soothing music.</p>	<p>7</p> <p>Think of someone you are thankful for – tell them!</p> 	<p>1</p> <p>Happy new year! Reflect on the past year. Write down one important thing that happened each month of 2021.</p>	<p>2</p> <p>Make a plan to spend time with someone you love in the coming week.</p>
<p>10</p> <p>Wear your most cheerful outfit.</p> 	<p>11</p> <p>Try a new physical activity – yoga, running or skateboarding are a few examples!</p>	<p>12</p> <p>Do something you've been putting off.</p>	<p>13</p> <p>Smile or say hello to five people you walk by today.</p>	<p>14</p> <p>Take time to disconnect from screens – go for a walk without your phone or set a timer for an hour where you commit to being screen free.</p>	<p>8</p> <p>Start a book.</p>	<p>9</p> <p>Do something creative – draw a picture, dance to music, write a poem or try a Pinterest project.</p>
<p>17</p> <p>Broaden your perspective and read a different paper, magazine or website.</p>	<p>18</p> <p>Have a good stretch.</p>	<p>19</p> <p>Have a conversation with a friend – give them a call or meet up in person for coffee.</p>	<p>20</p> <p>Dance while doing your housework.</p> 	<p>21</p> <p>Drink 2 litres of water today.</p>	<p>15</p> <p>Bake or cook something you've never made before.</p>	<p>16</p> <p>Journal for 15 minutes.</p> 
<p>24</p> <p>When you feel you can't do something add the word "yet".</p>	<p>25</p> <p>Enjoy 15 minutes of sunshine (with SPF!).</p>	<p>26</p> <p>Australia Day Spend some time reflecting on reconciliation.</p>	<p>27</p> <p>Celebrate something you did well today.</p>	<p>28</p> <p>Give a compliment to someone today.</p>	<p>22</p> <p>Tidy up your bedroom or another space you spend a lot of time in.</p>	<p>23</p> <p>School starts next week! Plan for the week ahead to avoid any unnecessary stressors.</p>
<p>31</p> <p>Watch the sunrise or sunset.</p> 						<p>30</p> <p>Write down 3 things you are grateful for.</p>

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