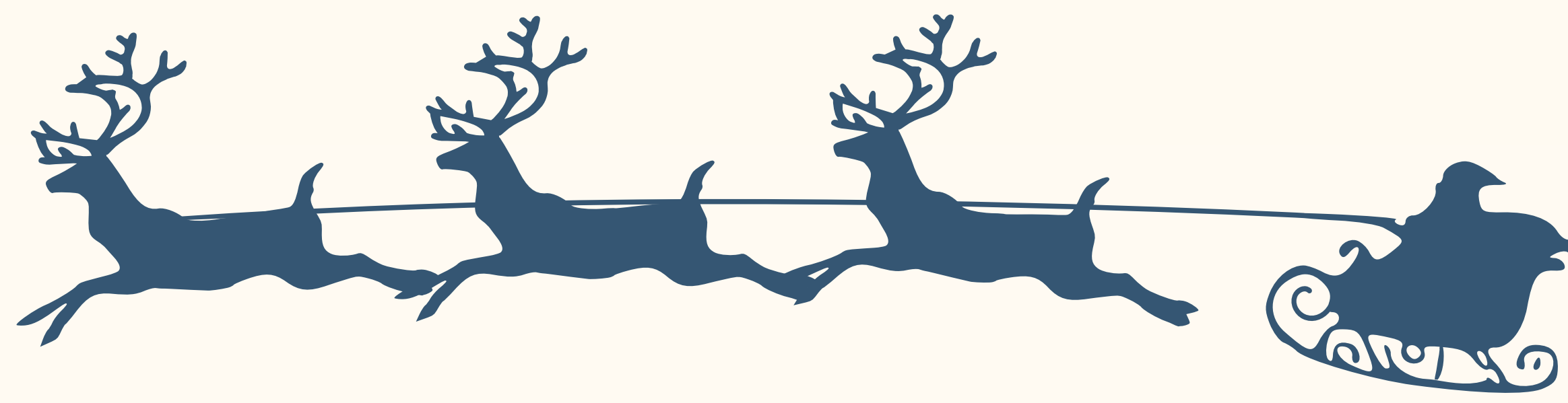


# 12 DAYS OF WELL-BEING

The festive period can bring complex emotions for many - from feeling overwhelmed to feeling pure joy. But for some people, the more difficult emotions and pressures that Christmas brings can be hard to manage. It's important that we all look after our mental health at this time.

Inside this pack contains 12 different Well-Being activities to explore over the holiday season.



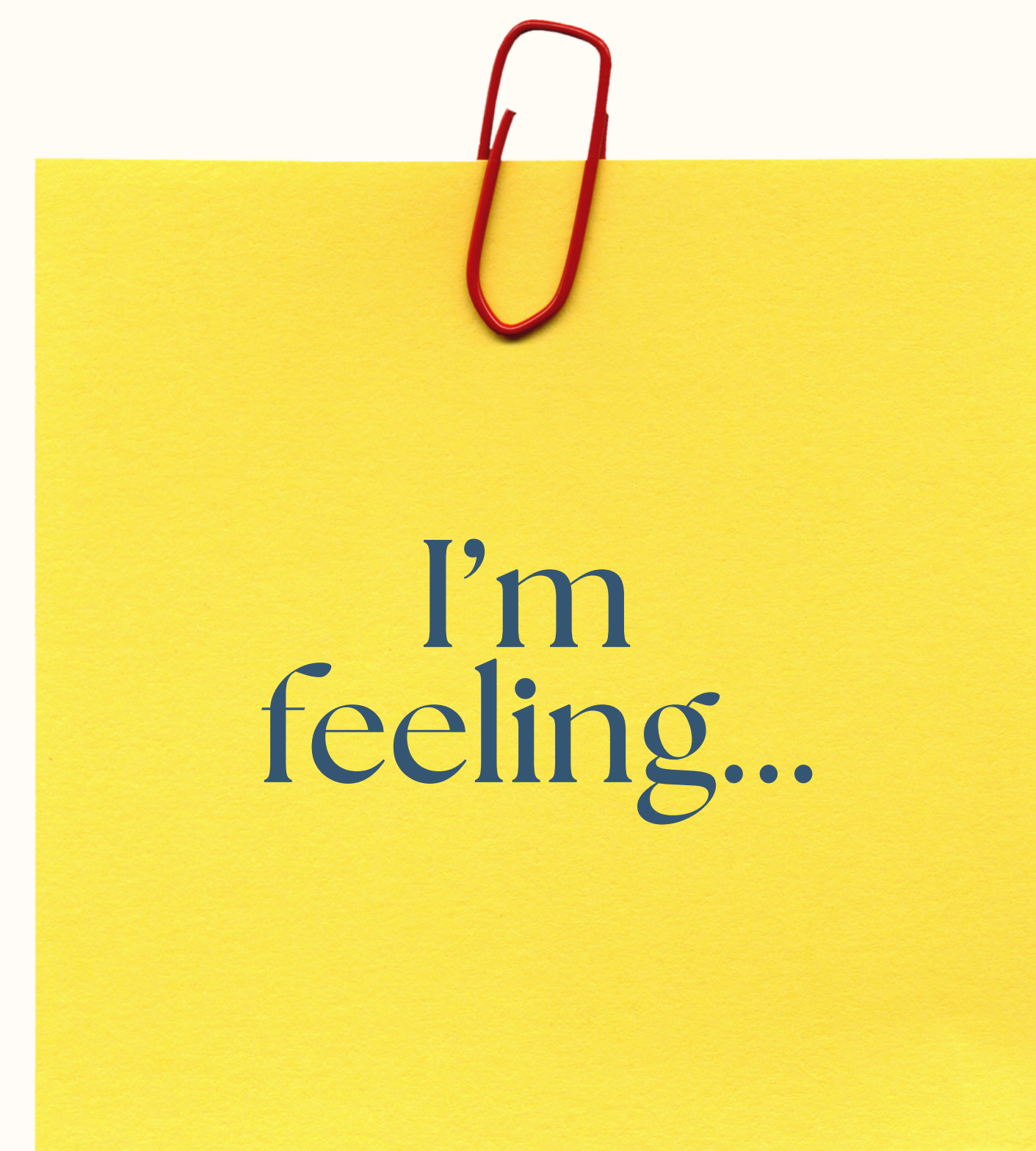


## 21st- Day One

### I'm Feeling- Communication post its

#### How it works-

- Read through the options and tick what feels right for you – each time of day/week has different choices
- Then try to leave this where someone at home can see
- This will help someone at home support you – you can even write how you best feel you could be supported so they know
- This may help you talk to someone without having to 'talk'
- If you don't feel ready to share, practice this activity as private journalling/daily tracking and work up from there!

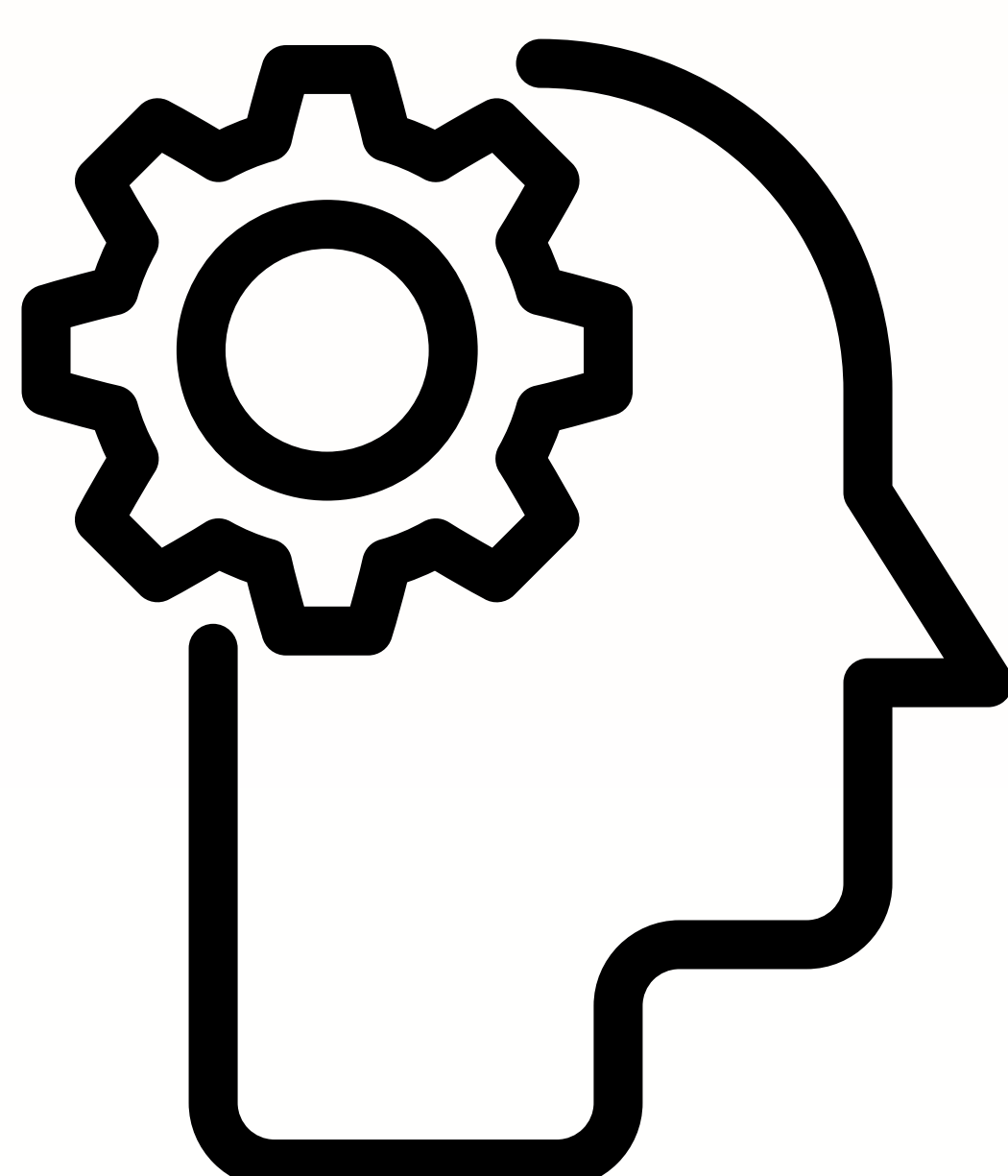
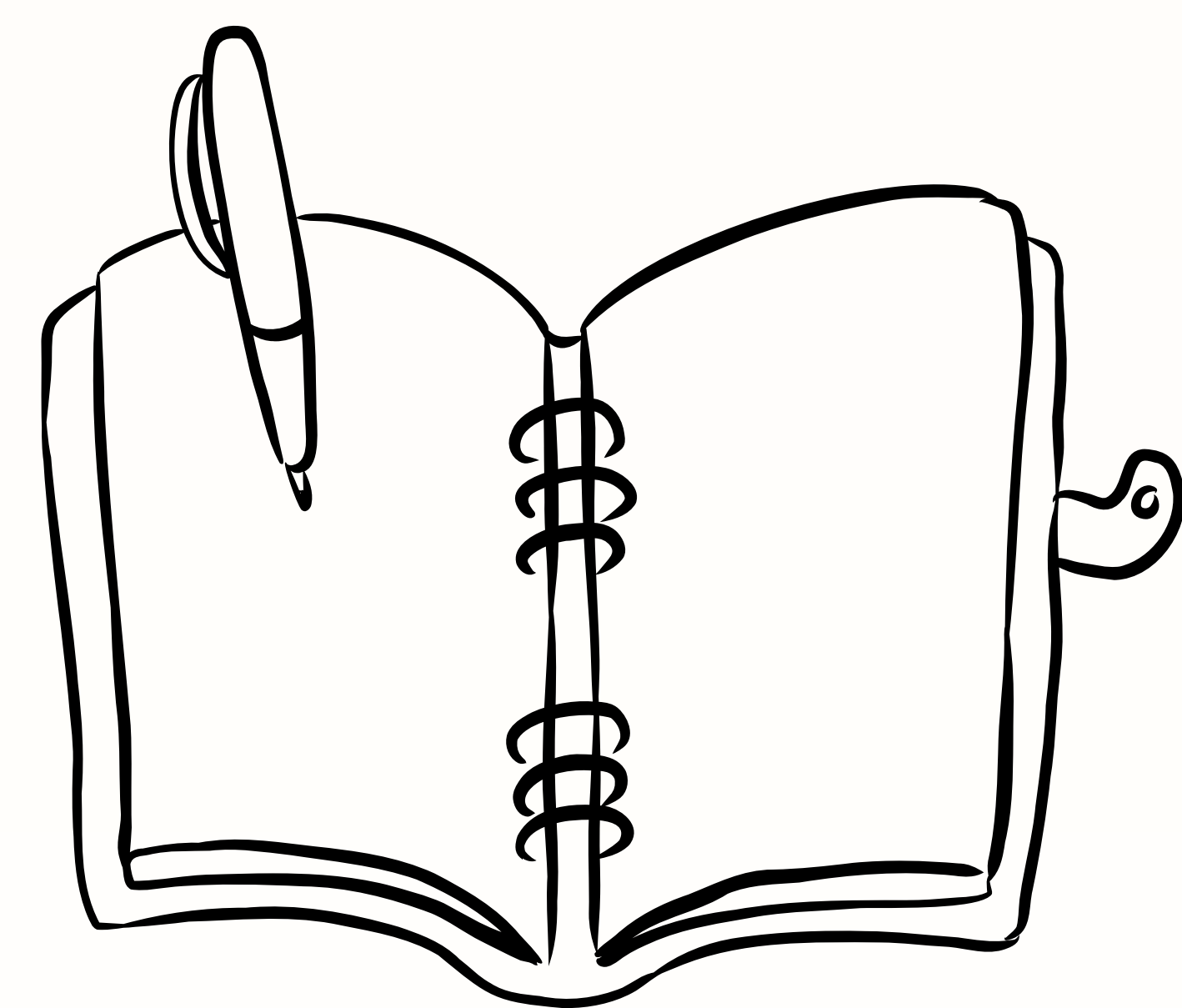


#### When I woke up I felt:

- Ready for the day
- Nervous for the day
- Sad and down, not ready to face the day
- Like I might need someone to talk to when I'm home
- Excited for the day ahead, I have things to look forward too
- Really tired, I didn't sleep well

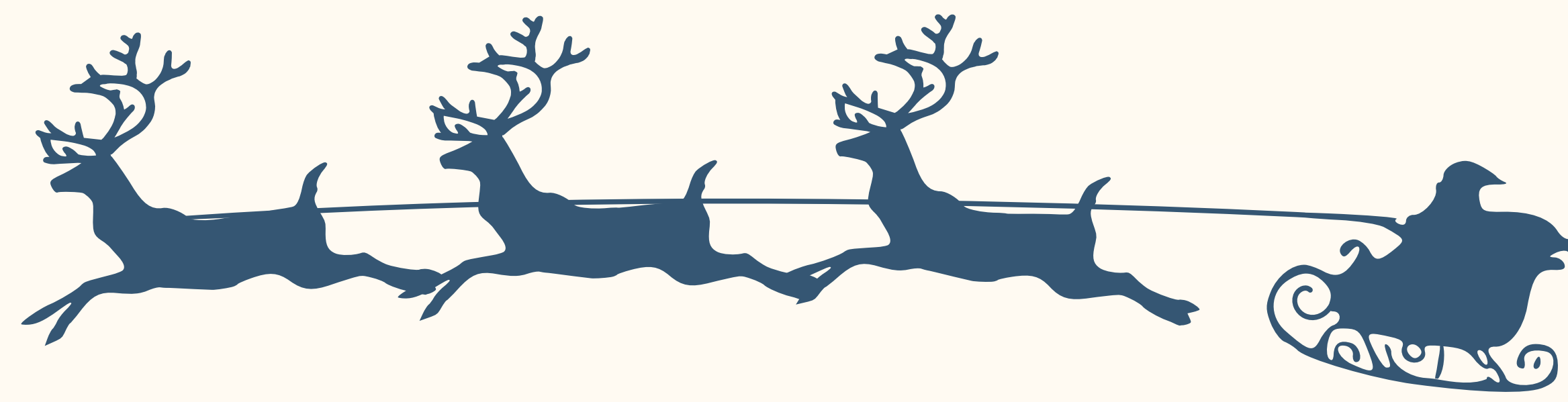
#### My day today was:

- A little tough I need a bit of chill time and support
- Really good
- Good, I did something I was proud of today
- I enjoyed it, but I am tired
- Super stressful, I need support
- Really not good, I need space
- Average, not great not awful, I might just need a little chat



#### This week:

- Has been better than I thought
- Rough, I may want to chat when you are free
- Better than last week thank you for your support
- I may need more support next week, I found this week hard
- I feel positive about it



## 22nd- Day Two Mindfulness Activity

### **MINDFULNESS ACTIVITY – HELPFUL WITH OVERWHELM OR WHEN UNABLE TO SLEEP**

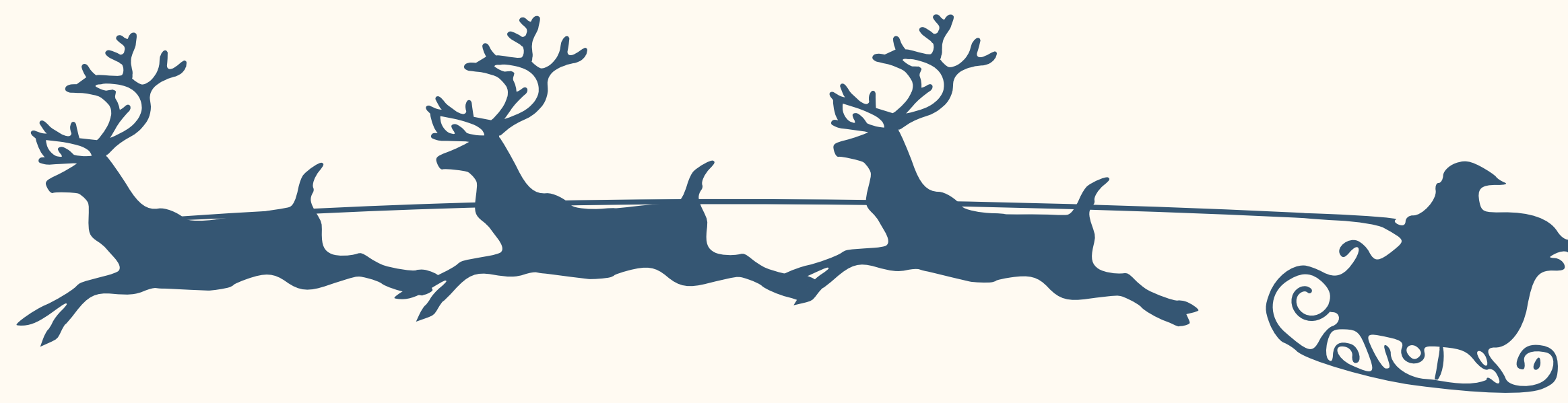
Can be done sitting or lying down  
Notice your breathing; is fast or slow ? Does it have a rhythm?  
Be aware of the temperature of the air entering through your nose  
See if you can remember a favourite smell..  
Close your eyes and imagine you can smell that special aroma for 5 inhales & exhales

Notice your breathing again – our sense of smell connects to the limbic system in the brain and can be calming to the nervous system.



22nd- Day Two





## 23rd- Day Three

### Explore the senses

Use today to explore one of the senses- hearing, vision, smell, touch and taste. This can be repeated to explore different senses.

#### Hearing

Listen to your favourite music or a piece of music you have never heard. Listen to a podcast. Go outside and make a note of all the different sounds you can hear.

#### Vision

Watch a movie or TV show you have never seen before. Go on an art gallery website or look at an illustrated book to see different images. Go on a walk or drive to see christmas lights.

#### Smell

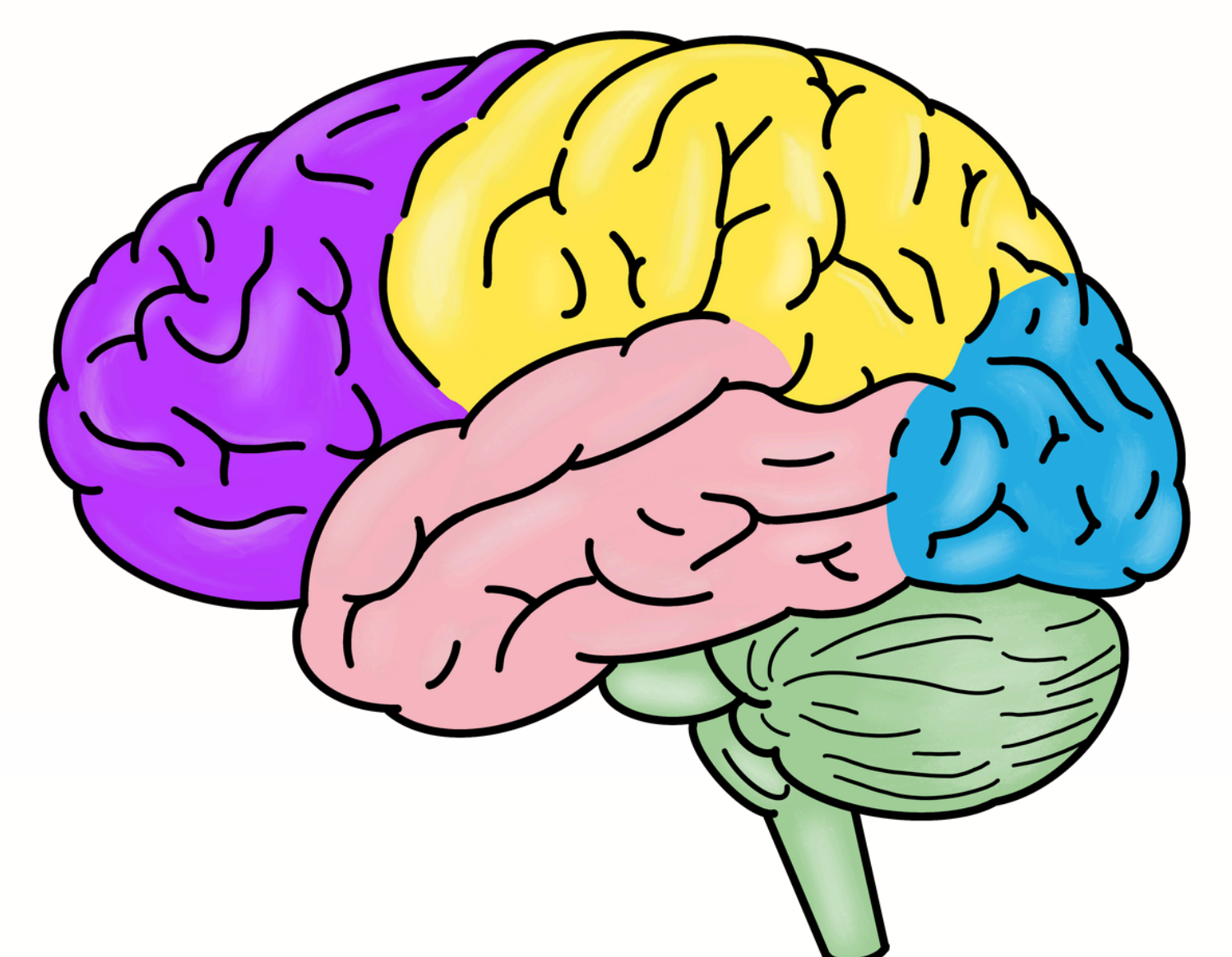
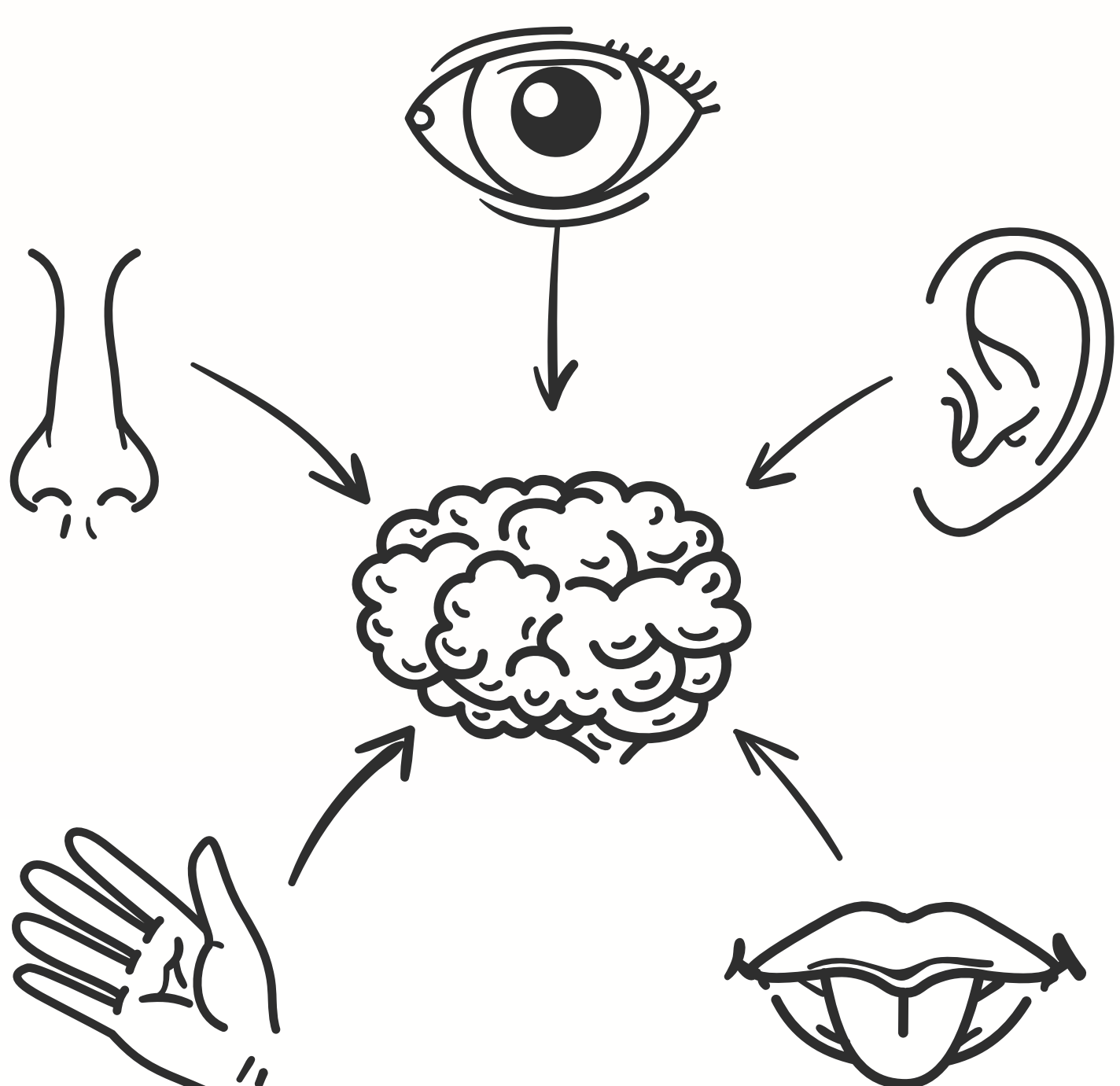
Bake something and notice the smell whilst cooking. Get out different herbs and spices, smell them comparing their different scents. Light a scented candle and relax in the calm.

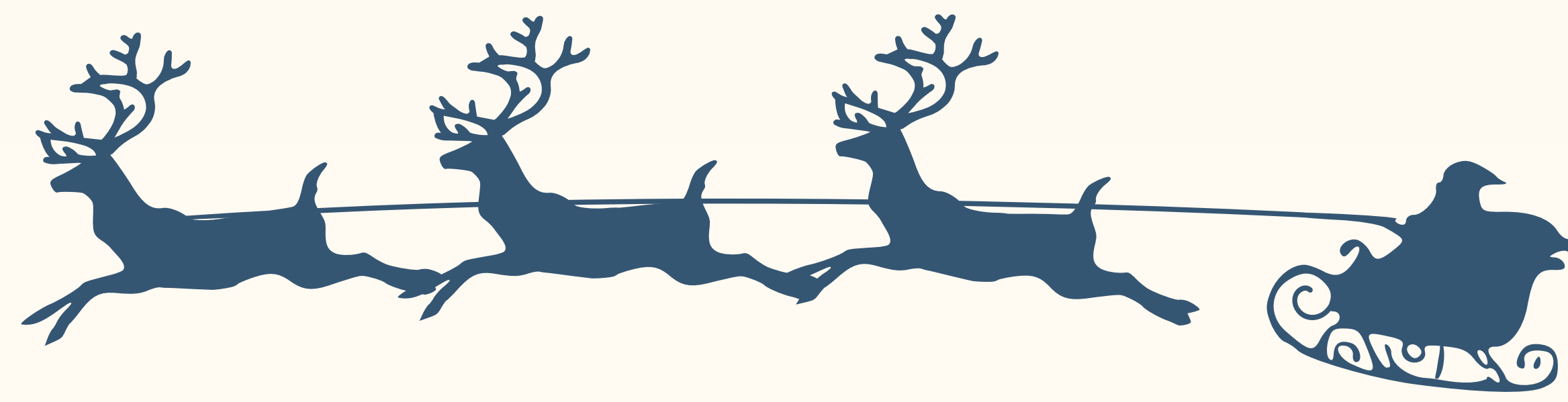
#### Touch

Wrap up in a cosy blanket and notice the feeling of the material, is it soft or fluffy? Go outside and feel different textures of nature, leaves, grass, sticks. Give yourself a hand massage.

#### Taste

Eat something you have never tried before. Try something sour, bitter, salty or sweet. Take time whilst you eat and notice the different tastes.





## 24th- Day Four

### 30 minute Self Care and Relaxation

I need...

#### Rest and Relaxation

Listen to music  
Take a timeout  
Bath/shower  
Take a nap  
Watch favourite movie  
Read book/magazine

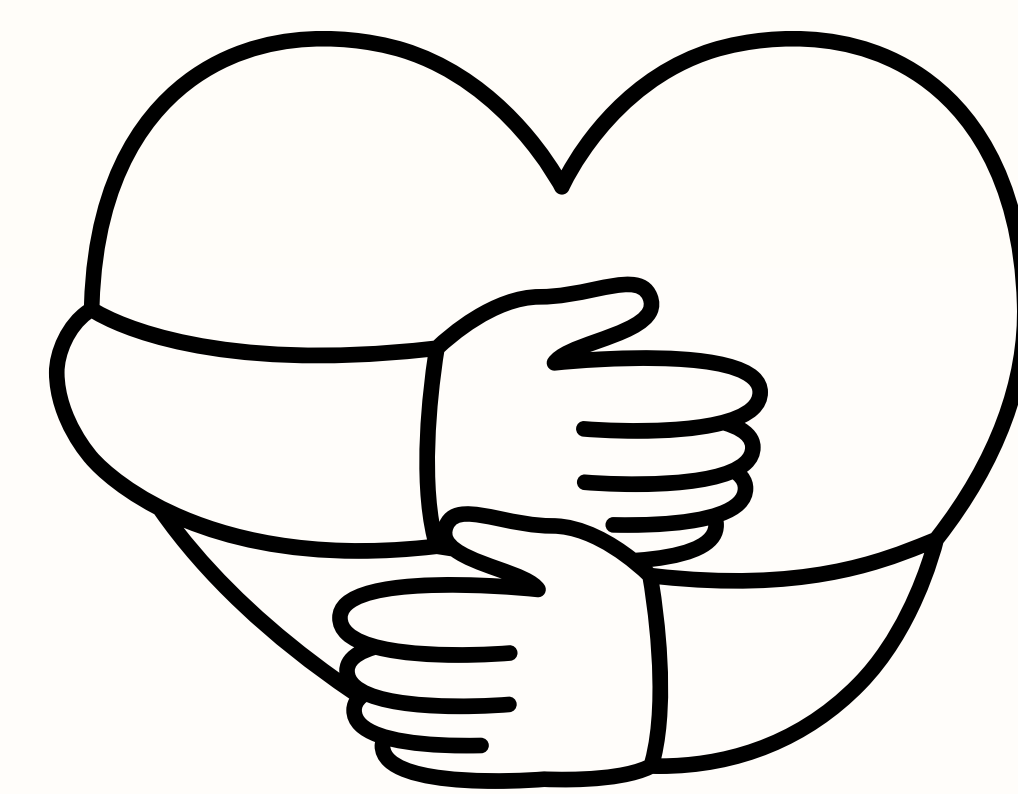


#### Companionship

Call, text or video call a friend  
Write letter  
Spend time with a friend  
or loved one

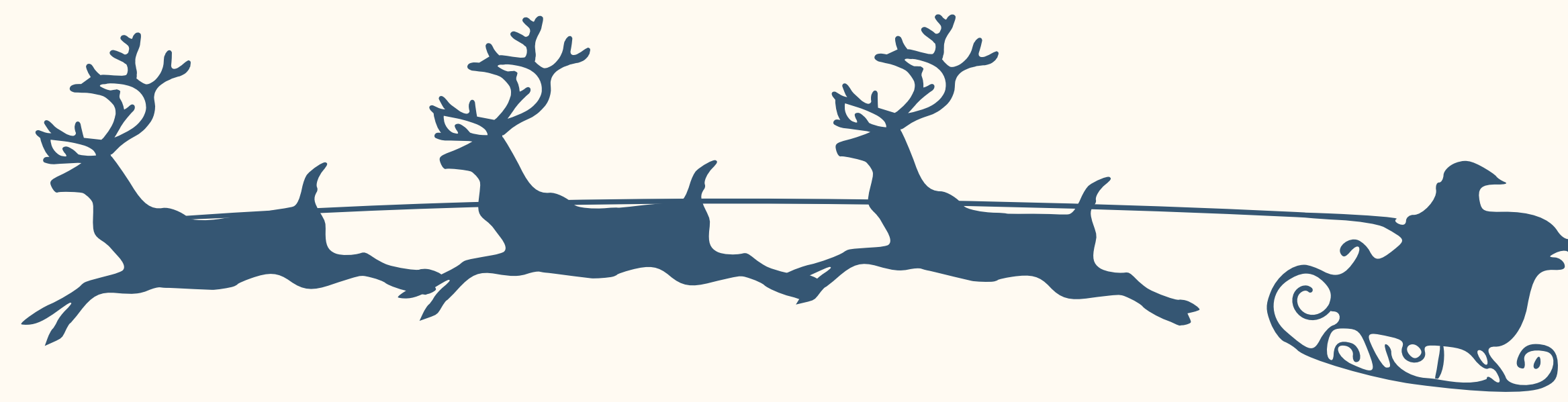
#### Expression

Free write  
Draw/Paint  
Gardening  
Sing/Dance  
Other Hobbies



#### Health and Spirituality

Make a Healthy snack  
Practise Yoga  
Go for a walk/run  
Meditate/Pray  
Affirmations



## 25th- Day Five

### Take a break-

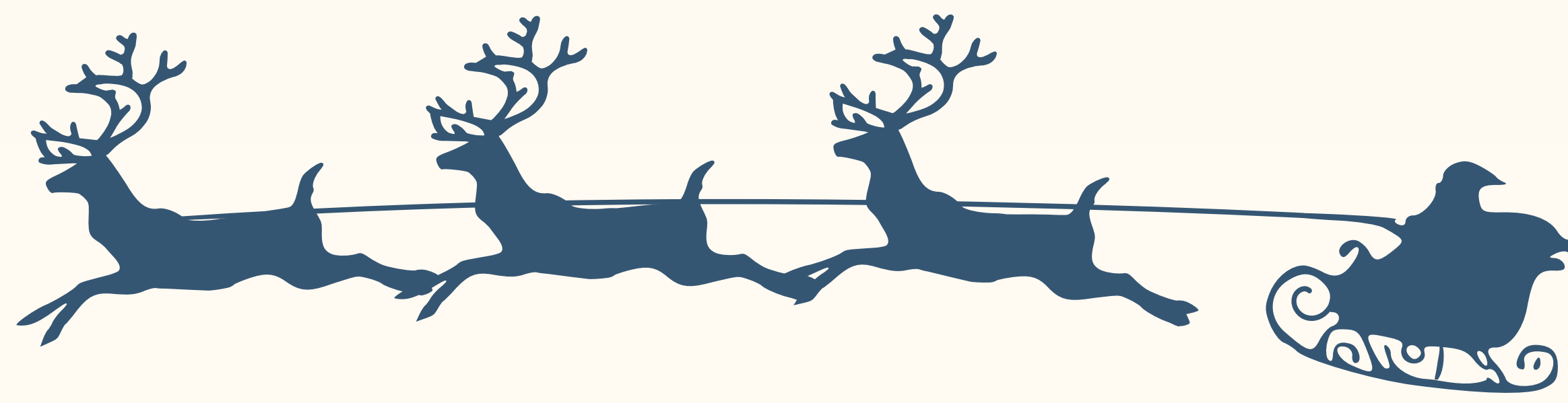
Sometimes we need to take a break from the festivities and that's okay. Take a walk, take a nap or leave a tense situation. Some situations we cannot avoid but we do have power about how we deal with the negativity and stress.

### Things you could try-

Apps like 'Headspace', 'Calm', 'Smiling Mind' and 'Insight Timer' are great to begin calming the mind with. Sit comfortably, eyes averted downwards or closed, slow the breath, relax the muscles and focus on [a] your breath or [b] the guided meditation.



Alarm set for a 20-30 min afternoon nap? Naps enhance alertness & concentration, elevate mood, and sharpen motor skills.



## 26th- Day Six

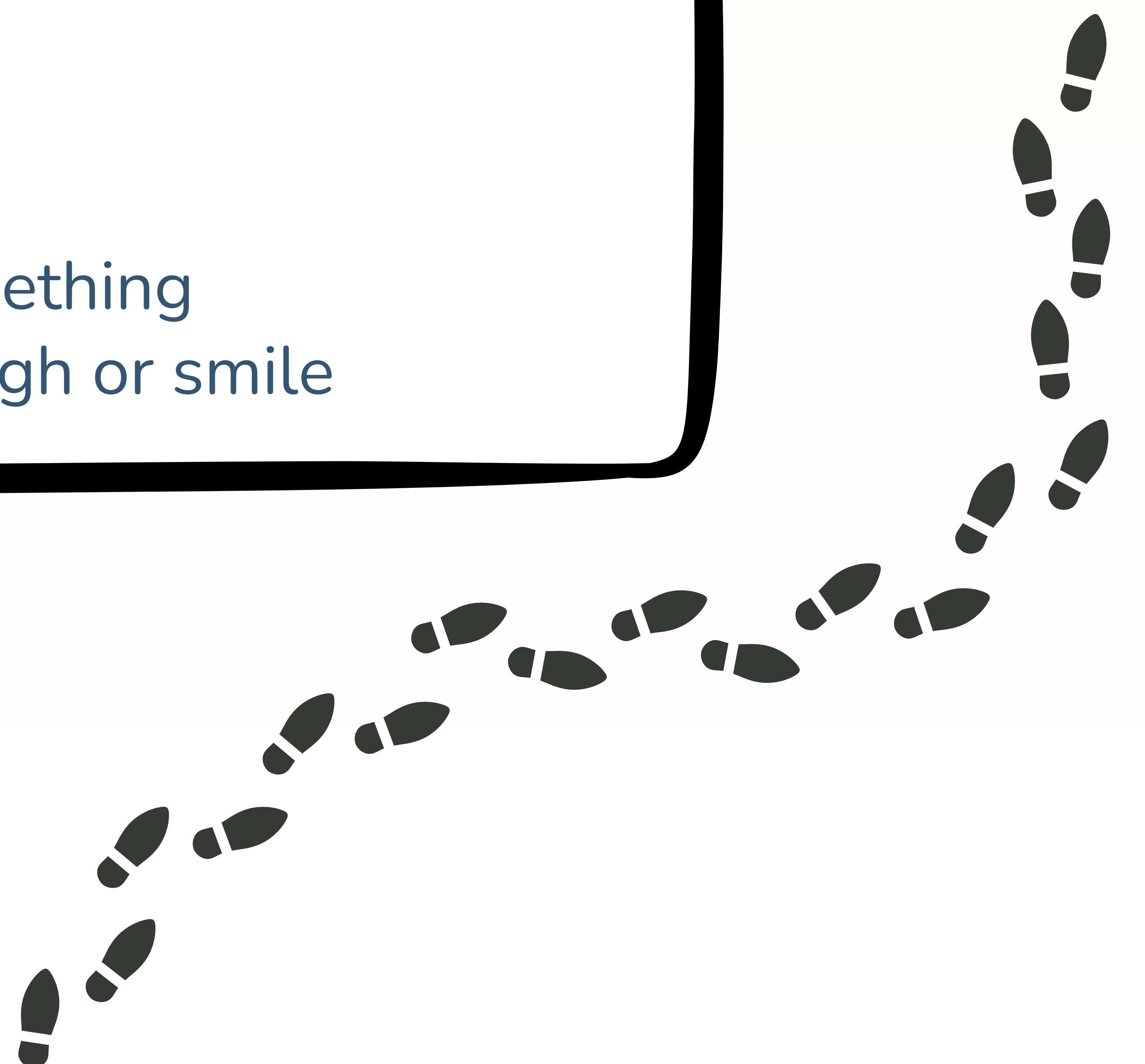
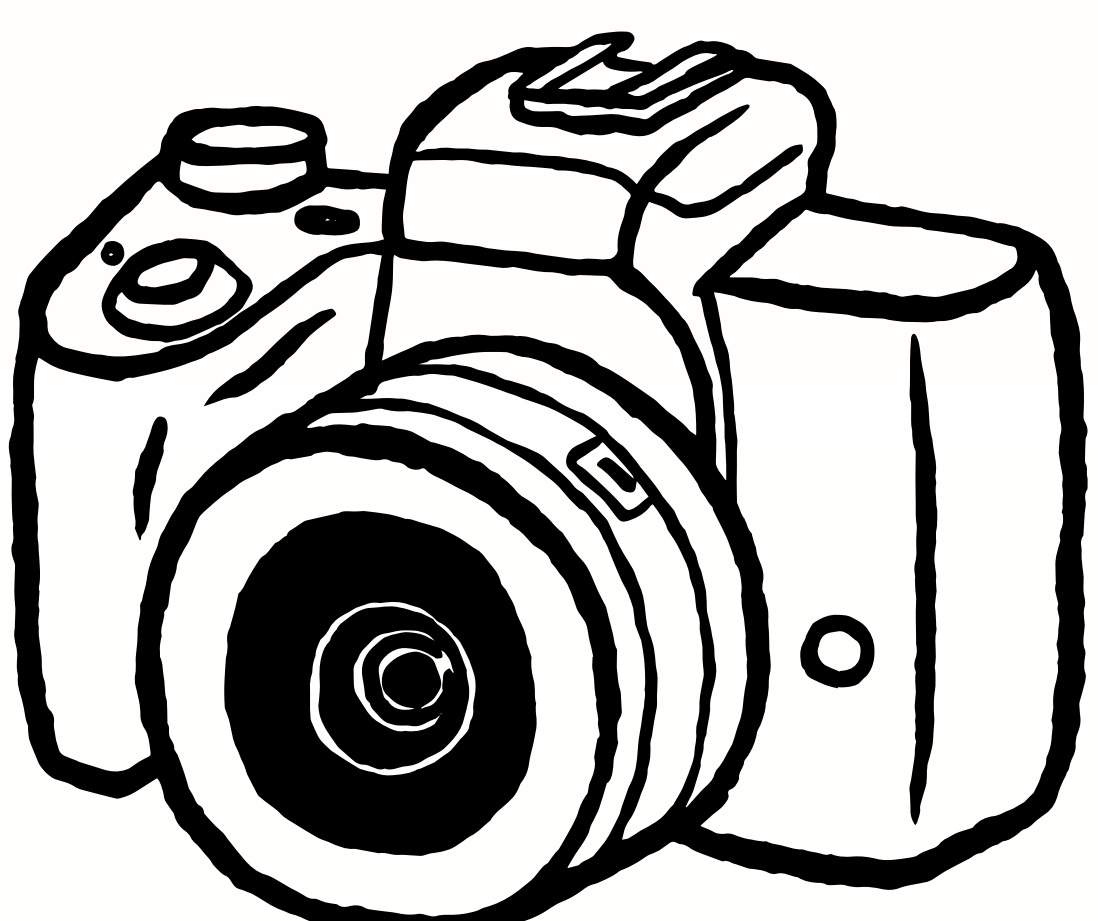
### Get Outside-

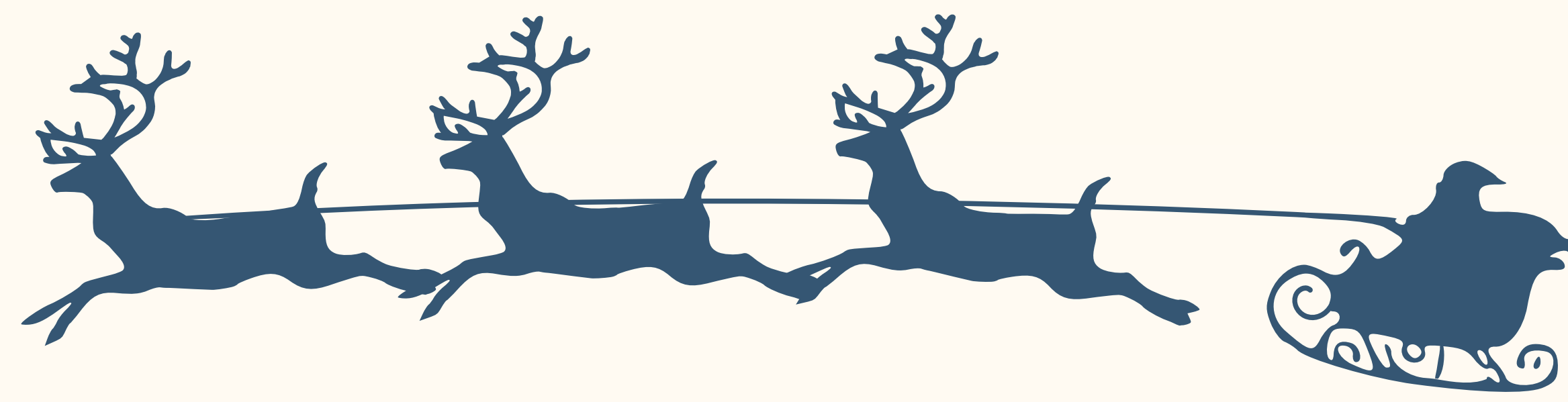
Get out of the house, breathe in the fresh air, move the body and look around. Can be done solo, with someone or calling a loved one.

### Photo Challenge

Whilst outside see if you find the below and take pictures of them. We'd love to see them in January.

Something green  
Christmas lights  
An animal  
Shop Window  
Christmas Tree  
Traffic light  
A poster advertising something  
Something that made you laugh or smile





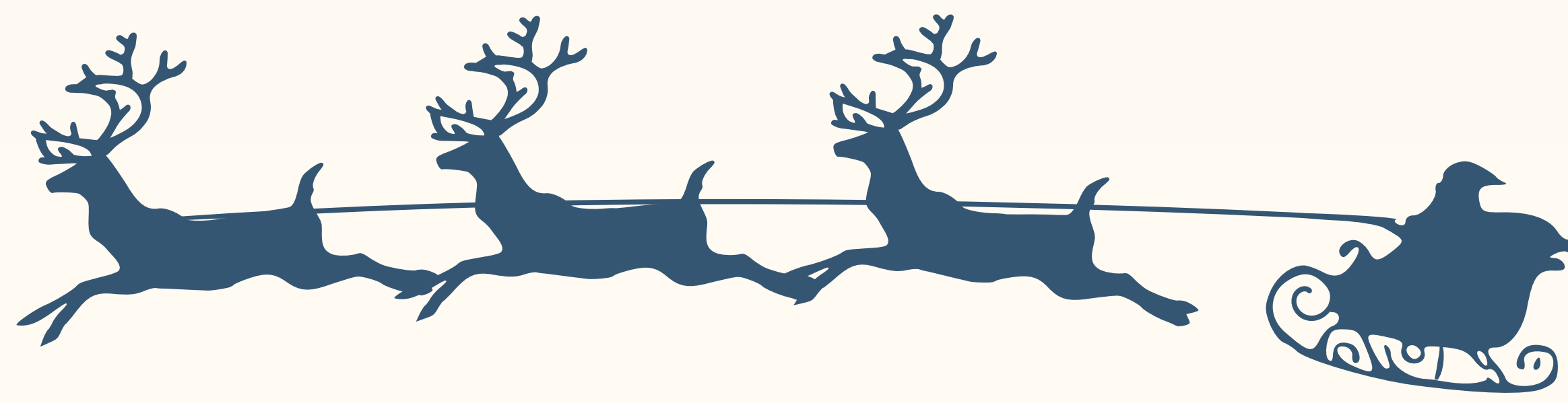
## 27th- Day Seven

### Letting Go-

What are some anxious thoughts that would be helpful to let go of. You could write these down on your phone notes or on a piece of paper. You could then decide to get rid of the piece of paper or phone note as if you were removing them from your mind.







## 28th- Day Eight

### Journalling Prompts-

It can be helpful to start or end the day thinking about what we are grateful for and reflecting on the day. These could be written in a journal or on your phone.

#### Morning Journal Prompts

List five things you are grateful for  
How did you sleep?  
What are you hoping today will be like?



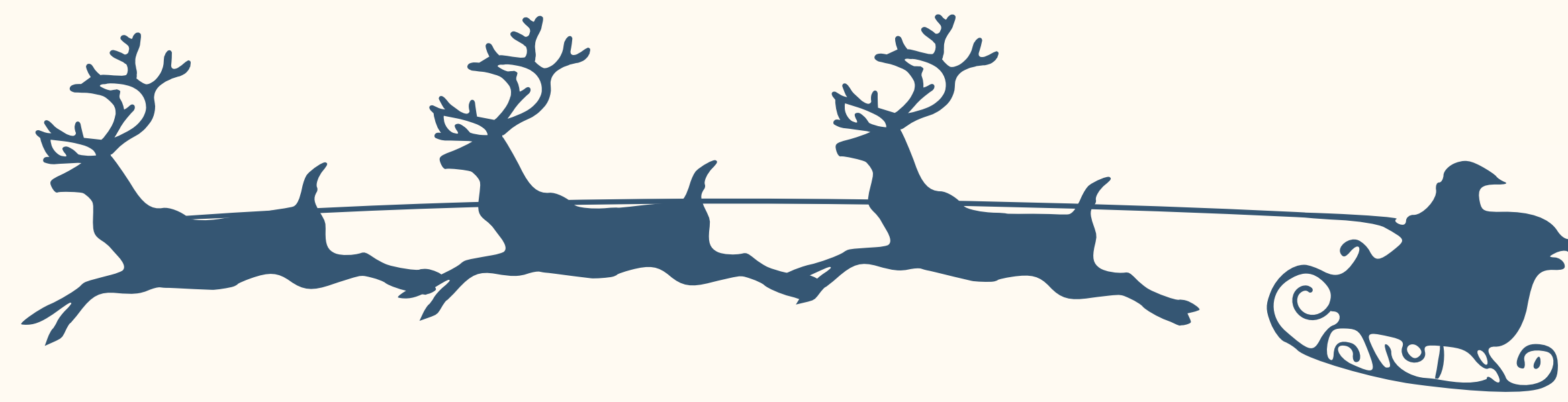
#### Evening Journal Prompts

Today I was proud of myself for? List 5 things  
Today something I struggled with was?  
Something kind I have done for myself today was?  
I am proud of myself for today because?  
I am thankful for?

#### End of the week Journal Prompts

This week I did? List 5 things  
I enjoyed doing...  
I found these things tricky...  
I may need help on...  
List 5 things you achieved no matter how big or small

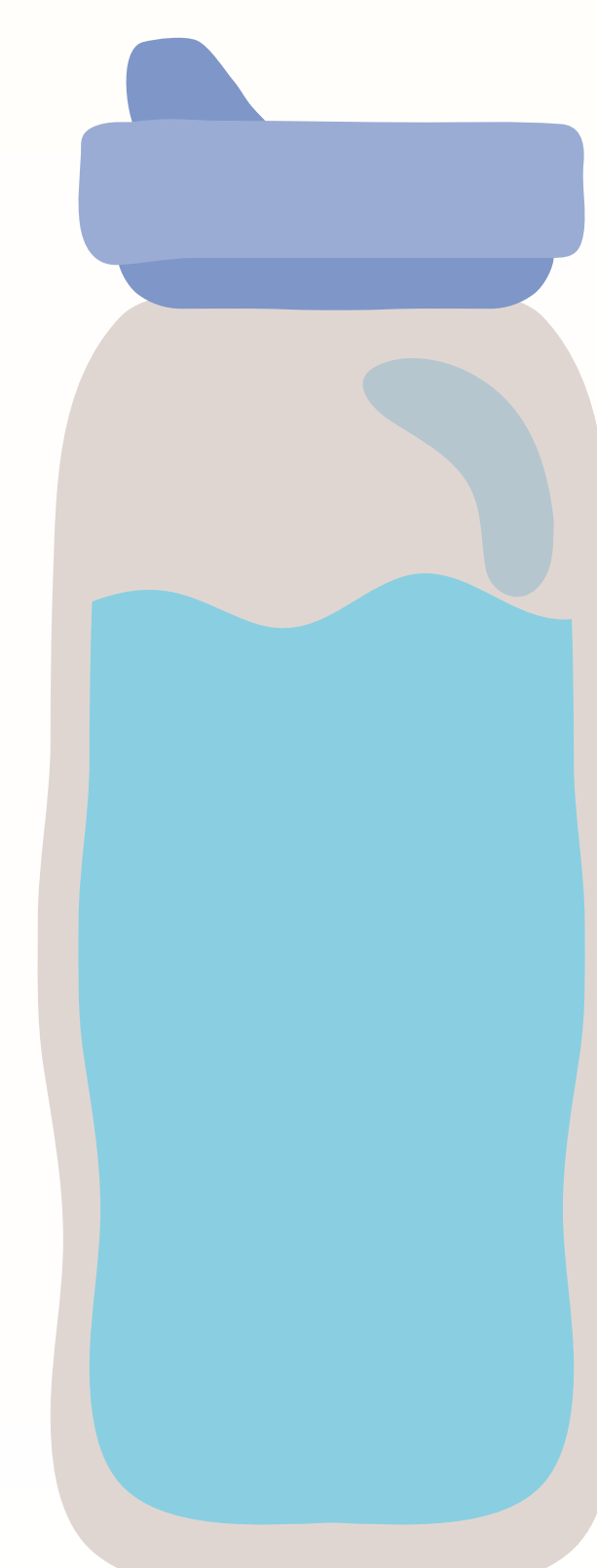
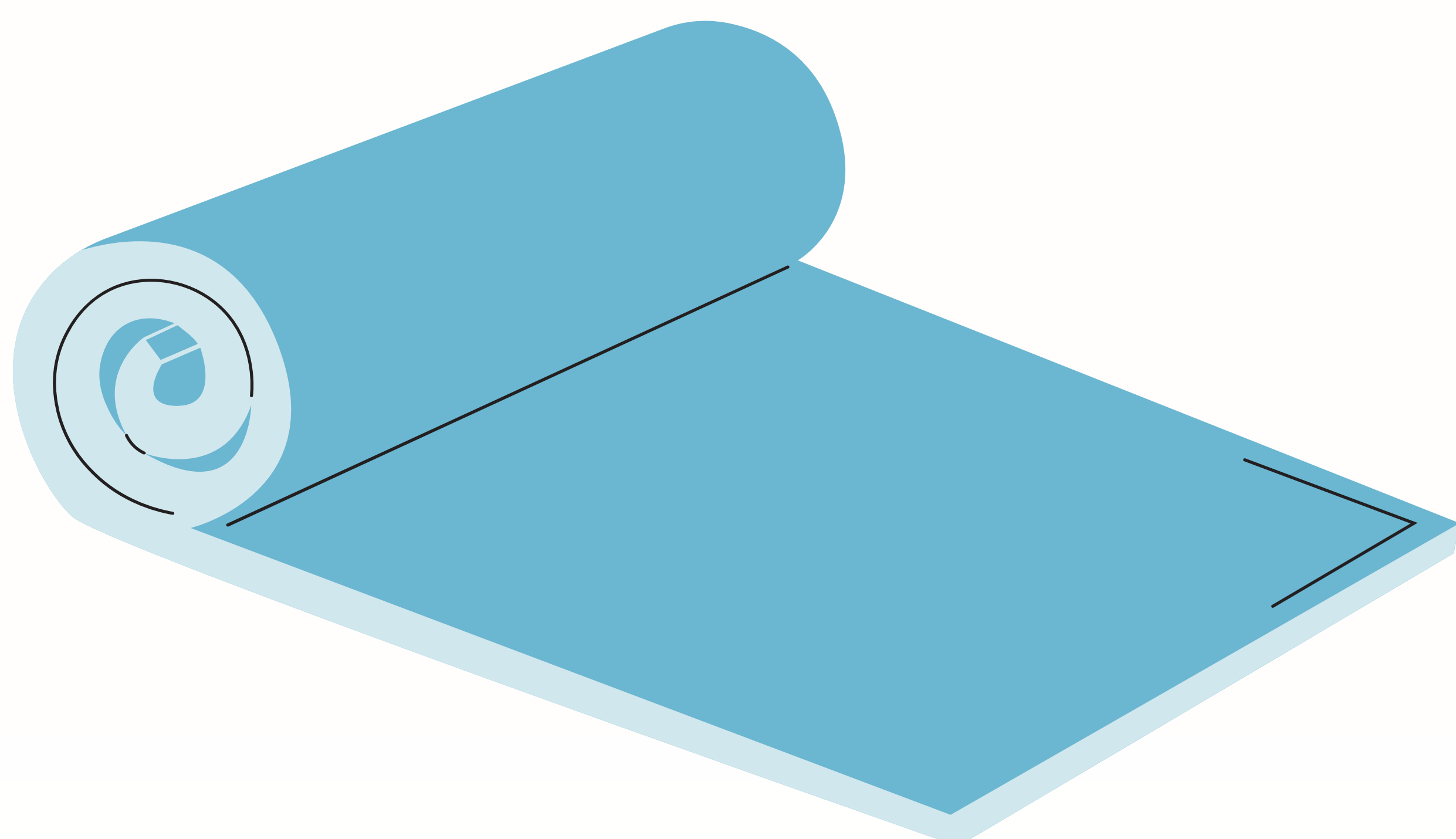




## 29th- Day Nine

### Moving your body-

How strong can you get your blood pumping endorphins in 1 minute? Have a solo dance party in the bathroom, do chair yoga or, if you're feeling super sluggish, do star jumps or burpees!





## 30th- Day Ten

### Reflection-

Take a moment to think or write about the below.

If you could summarize this year in 3 words which words would you use & why?

What do you wish you had done differently this year?

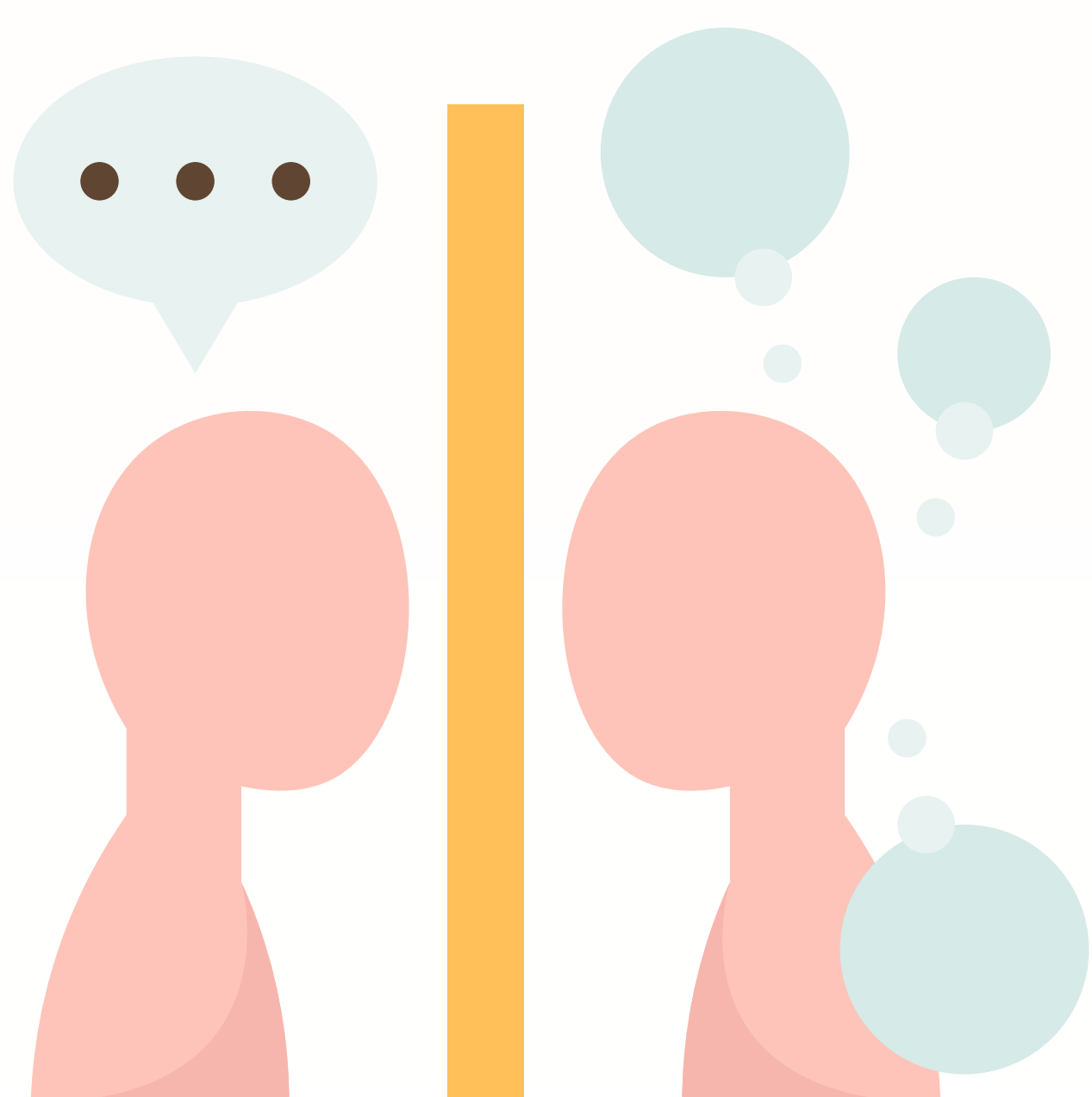
What are you proud of this year?

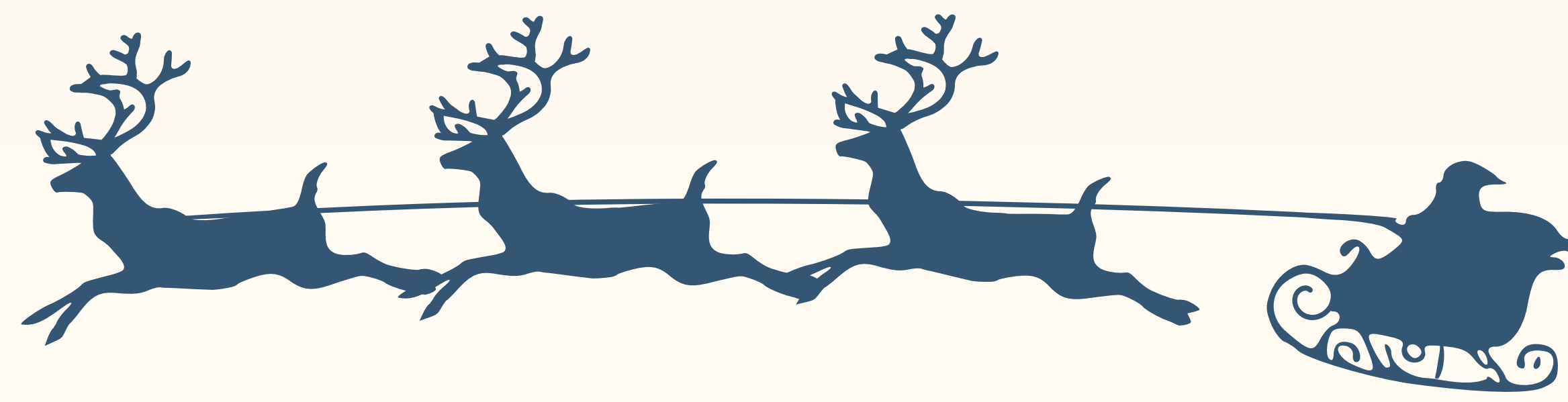
Who made the biggest impact on you this year?

What was the biggest lesson you learned this year?

How have you changed since the beginning of this year?

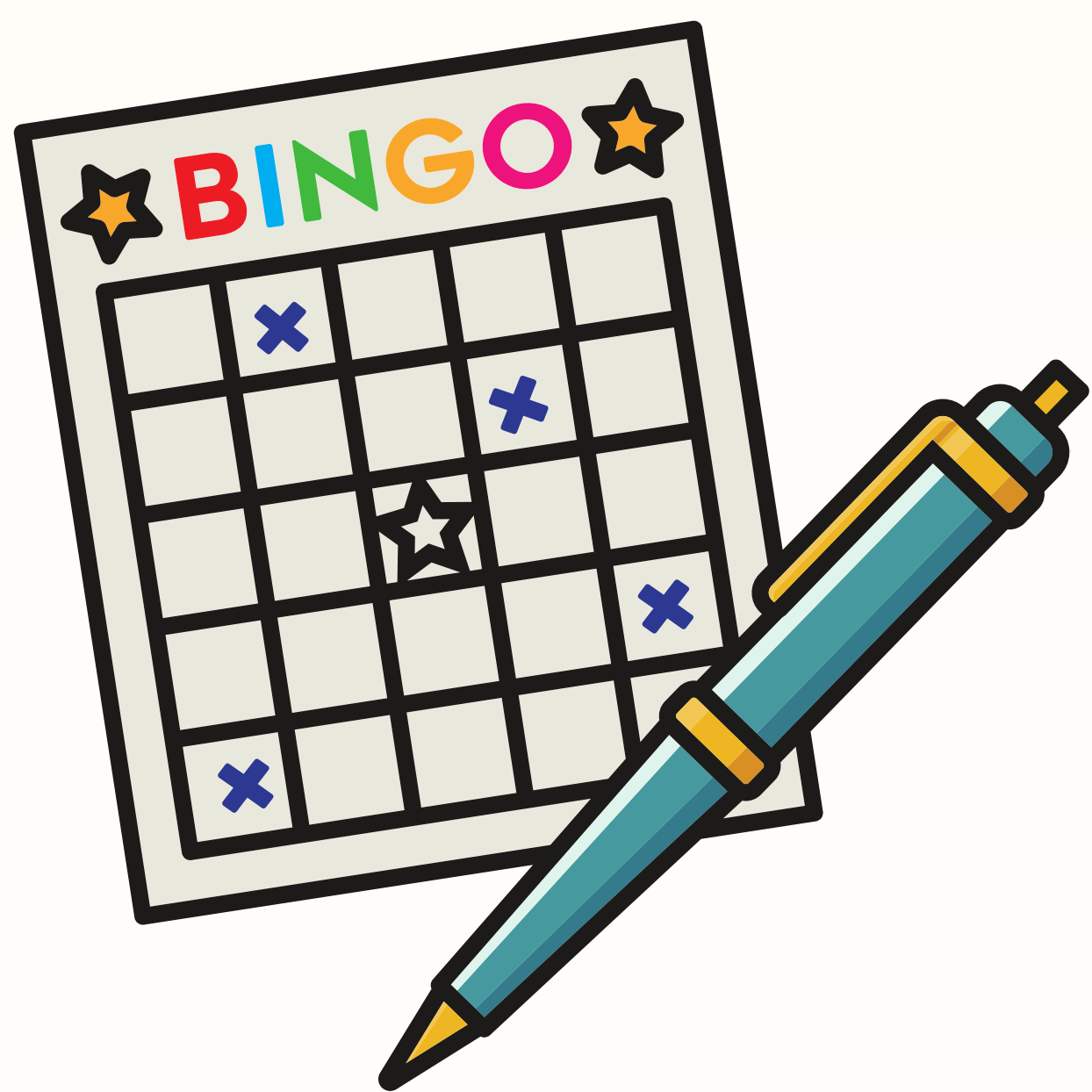
How does this time of year make you feel and why?





## 31st- Day Eleven 2025 Bingo Card-

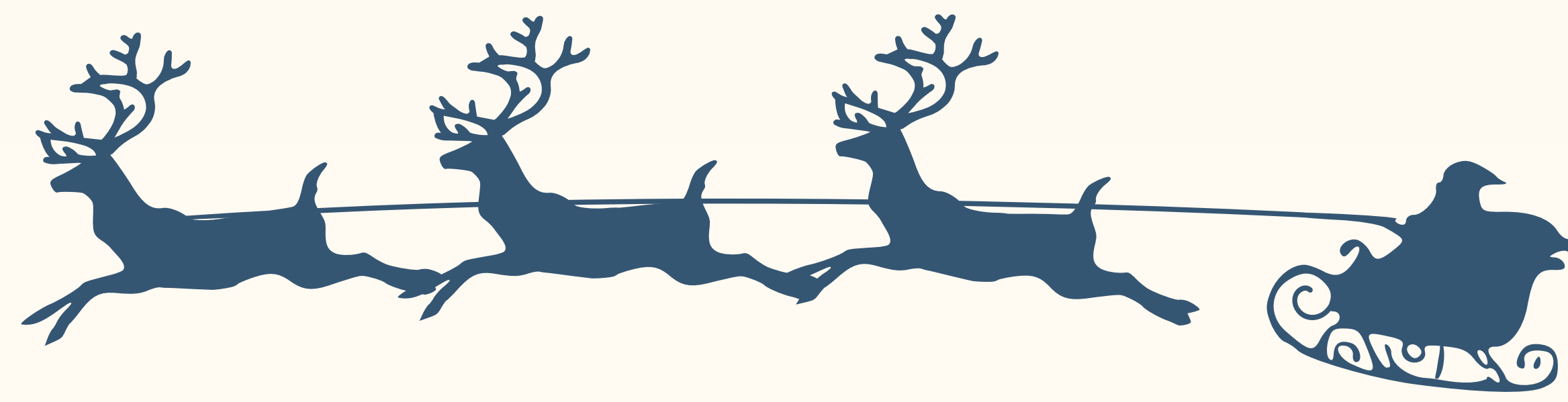
Take a moment to think or write about what you would like to happen next year and complete the Bingo Card. These could be personal things you want to achieve or places you want to visit- anything! You can mark it off when it's complete.



B I N G O				

**MANIFEST**





## 1st- Day Twelve

### Do something for yourself

Take 30 minutes to an hour to do something for yourself. This could be anything that you enjoy, a hobby, a moment of self care or just watching some of your favourite videos.

