



### 1 **Feel good music**

Create your own feel-good playlist of songs that you love. Perhaps they evoke happy memories, make you dance, sing, or you just love the artist or lyrics! Crank up the volume and dance or sing like nobody's watching!



### 2 **Set a 5-minute morning routine**

Create a simple morning ritual which sets you up for the day before you fire up your computer or look at your phone. Stretch, make your bed, and journal three things that make you grateful for each day.



### 8 **Visit a friend for a cuppa**

share the gift of friendship



### 12 **Lift your mood**

Spray your favourite fragrance



### 17 **Speedy meal ideas**

If you're short on time and in need of a speedy meal, try these quick and tasty recipes: [Scan the QR Code or CLICK HERE](#)



### 20 **Take a virtual lunchbreak tour at the National Gallery**

[Scan the QR Code or CLICK HERE](#)



### 24 **Go for a 30 minute walk in nature**

enjoy the peacefulness among the trees, listen to the sounds of the birds to feel more grounded [Scan the QR Code or CLICK HERE](#)



### 27 **Get creative in the kitchen**

Looking for something different for dinner? Why not give one of these a try: [Scan the QR Codes or click the dots](#)



### 28 **Take a moment for yourself today**

Things can get busy at this time of year; kick off your shoes and just relax. Try our 5 minute mindfulness practice? [Scan the QR Code or CLICK HERE](#)



### 29 **Avoid food waste**

Up to your neck in leftovers? Looking for meal inspiration? Check out the Love Food Hate Waste website for tips and ideas or download the SuperCook App - it generates recipes based on what you've got. [Scan the QR code or CLICK HERE](#)

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### 3 **List your favourites**

Make a shortlist of your favourite books and films. What do you like about them so much? You could share lists and give and receive recommendations among friends or work colleagues



### 4 **Festive fun run**

Why not join in with a Santa Fun Run! 9:00am in Colchester [Scan the QR Code or CLICK HERE](#)

or 9:30am in Central Park Chelmsford Santa Fun Run 2022 - Farleigh Hospice [Scan the QR Code or CLICK HERE](#)



### 5 **Have a good news week**

Often it seems like the news is full of doom and gloom. Why not foster some positivity with a Good News Week? Share stories you find about happy and positive situations and events with your family and friends every day for a week



### 7 **Find your active**

Relax and Breathe with Monika - [Scan the QR Code or CLICK HERE](#)



### 11 **Hydration challenge**

Try and drink five glasses of water each day for a week. Do you notice a difference - maybe brighter skin, not snacking as much, increased energy, or improved sleep?

### 9 **Find your active**

9-Minute Strengthen Your Body with Chloe Townsend [Scan the QR Code or CLICK HERE](#)

### 10 **Get some fresh air**

Go for a quick walk around the block, breath in the fresh air, blow off all that stagnant energy and increase your circulation [Scan the QR Code or CLICK HERE](#)

### 14 **Seasonal Eating**

Seasonal produce tends to be cheaper and is better for the environment as it hasn't had to travel so many miles. Check out what's in season and see if you can make any swaps in your next food shop [Scan the QR Code or CLICK HERE](#)

### 15 **Donate a small gift**

to a local charity/church such as a can of food, unwanted clothing or blankets, the gift of giving however small is uplifting



### 16 **Photograph something for a new perspective**

What do you see everyday and see so often you might not even notice it anymore? Your sofa, the view from your window, your pet, a room in the house? Now more deeply observe and meditate upon the "ordinary" to see - that worn out sofa might be your child's favourite place to cuddle or the cosiest seat in the room?

### 18 **Extended listening**

Find a quiet place to sit or lay, open the window and close your eyes. Now try to notice more distant sounds - birdsong, alarms, sirens, aeroplanes, neighbours' voices. Stay in the moment for a couple of minutes before bringing yourself gently back into the room.

### 19 **Find your active**

Staying Mentally Fit with Jo Morton-Brown [Scan the QR Code or CLICK HERE](#)

### 22 **Find your active**

5 Minute Stretch & Mindfulness Session with Rosie [Scan the QR Code or CLICK HERE](#)

### 21 **The wonders of a winter walk!**

Feeling lethargic or disorientated? Grab your coat, scarf and wellies and get out for a lovely refreshing walk. There's no such thing as bad weather, just bad clothing! Here are some Essex walks to try [Scan the QR Code or CLICK HERE](#)

### 25 **Fancy a festive park run?**

If you're an avid fan of parkrun or keen to give it a try, find out which park runs are operating on Christmas Day and New Year's Day [Scan the QR Code or CLICK HERE](#)



### 23 **Evening download**

Worries and niggles can play on your mind and disrupt your sleep. Write down anything that needs doing the next day or during the week. "Downloading" it from your brain



### 26 **Get crafty**

Why not buy some flowers and arrange them or try your hand at knitting or crochet? Alternatively, why not try one of our Christmas crafts [Scan the QR Code or CLICK HERE](#)

### 30 **Attend a local yoga class**

Stretch out tight muscles, release tension, strengthen joints and breath out the day [Scan the QR Code or CLICK HERE](#)

### 31 **Join the Working Well Big Team Challenge**

This workplace challenge starts on Monday 16th January. It's completely free and you can enter teams of up to 6 people. There are some fantastic prizes to be won as well!