

DECEMBER 2022 WELLBEING CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



			1 give people your undivided attention	2 send someone a wellbeing card	3 try a new walking track	4 spend some time to reflect about the week
5 mail a surprise package to someone you know	6 make a list of new things to try out this summer	7 enjoy your day with family and friends	8 give people your undivided attention	9 make Christmas cards	10 volunteer for a good cause	11 hold a games afternoon with friends or family
12 today, look for reasons to be hopeful	13 create a list of Christmas songs	14 leave a friendly note where someone will find it	15 learn about the land you live on	16 find the joy in a peaceful morning	17 go Christmas caroling	18 celebrate giving through everyday actions
19 donate clothes to someone in need	20 create something festive today	21 make time for yourself and take breaks	22 call someone who is spending the holidays alone	23 wrap presents	24 visit someone who lives alone	25 take Christmas pictures
26 hand out free smiles	27 spend some time to reflect	28 make a list of 10 things you are thankful for	29 design your own exercise routine	30 bake something for the local police station	31 say a little prayer & be grateful for the year 2022	

@wellbeingqr3

#wellbeingaustralia

LIVE A BETTER AND MORE VIBRANT LIFE WITH THESE DECEMBER WELLBEING TIPS