

NOVEMBER 2022 WELLBEING CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	1 leave happy notes around your workplace	2 donate books or toys to the childrens hospital	3 offer your seat to someone on the bus or train	4 drop off muffins at your local fire station	5 enjoy your breakfast without checking your phone	6 donate to a foodbank
7 undertake small acts of kindness	8 see the best in other people	9 write down what makes you happy	10 write a thank-you note 'just because'	11 Light a candle to remember the sacrifices of those in the military	12 help an elderly neighbour	13 give a kind card to someone
14 send a postcard to a friend or family	15 give a plant or seeds to a loved one	16 get a new book to read	17 write a note to somebody you love	18 get 8 hours of sleep tonight	19 spend time with your family	20 have a virtual happy hour with your overseas friends
21 include others	22 go for a walk during your work break	23 think of something that you have done that makes you feel proud	24 call a friend	25 encourage someone today	26 start a random act of kindness - pay it forward chain	27 make a bird feeder for your garden
28 give lots of genuine compliments this week	29 sign up to volunteer before the end of the year	30 give someone a hug				



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CELEBRATE AND PROMOTE WELLBEING THIS NOVEMBER