

January 2023 Wellbeing Calendar

Monday



Tuesday

3
Write down 3 things you feel grateful for

Wednesday

4
Listen to an inspiring podcast

Thursday

5
Try out a new healthy recipe

Friday

6
Wear that 'feel good' outfit

Saturday

7
Stretch your body for 10-15 minutes

Sunday

8
Unplug and go social media free!

9
Call someone you love

10
Get an early night

11
Ask for help

12
Read a few pages of a book

13
Open your windows and let in the sunlight and fresh air

14
Create a 'self-care' playlist of songs you love

15
Play with a pet (or borrow a friend's)

16
Do one thing you have been putting off

17
Practice slow deep breathing

18
Hydrate your body

19
Thank someone

20
Get creative – try drawing, knitting, singing, etc

21
Put your pen down and study books away for today

22
De-clutter: tidy a draw or arrange your wardrobe

23
Make that appointment

24
Wake up 15 minutes earlier

25
Forgive yourself for making a mistake

26
Check in with a friend

27
Take a long warm bath or shower

28
Write a to-do list for tomorrow

29
Cut down on screen time and switch off

30
It's OK to say 'No'

31
Allow yourself time to rest today

