


# Wellbeing Through the Year

31 actions to look after ourselves and each other.

Jump in at any point which speaks to you, or what you'll enjoy the most! Kia kaha



| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|--|---|--|--|---|---|---|
|                                     | <b>1</b><br><b>Do what makes you feel good.</b> Squeeze in some fun, or take a rest   | <b>2</b><br><b>Declutter</b><br>Get rid of 3 things you never use  | <b>3</b><br><b>Try journaling</b> your way through the ups and downs   | <b>4</b><br><b>Look In</b><br>Name 3 of your strengths. Write them down   | <b>5</b><br><b>Look Out</b><br>Check in with a friend who might be feeling lonely or anxious                        | <b>6</b><br><b>Physical activity</b><br>Immerse yourself in nature for an added boost   |
| <b>7</b><br><b>Be kind to yourself</b><br>Is it time to set a boundary in a personal relationship?                   | <b>8</b><br><b>Keep learning</b><br>Try something new. Take a course or try out a new recipe  | <b>9</b><br><b>Focus</b><br>on what you can control  | <b>10</b><br><b>Problem solve</b><br>Think about a problem and consider some solutions   | <b>11</b><br><b>Think about your health</b><br>Book a check up, a dental appointment  | <b>12</b><br><b>No plans day</b>  | <b>13</b><br><b>An attitude of gratitude</b><br>Write down 3 things you are grateful for  |
| <b>14</b><br><b>Self care</b><br>Take 1 Minute Take 5<br><a href="https://bit.ly/3r6H8D6">https://bit.ly/3r6H8D6</a> | <b>15</b><br><b>Social media audit</b><br>What is no longer making you feel good? Curate your feed & contacts. Check out calming accounts | <b>16</b><br><b>Take notice</b><br>Remember the simple things that give you joy<br><a href="https://bit.ly/3nZn2bZ">https://bit.ly/3nZn2bZ</a> | <b>17</b><br><b>Weight training</b> benefits include improved posture, better sleep, gaining bone density. Try hand weights                                  | <b>18</b><br><b>Value diversity.</b> How about learning about different calendars. Try starting with the Chinese lunisolar calendar<br><a href="https://bit.ly/34brT3l">https://bit.ly/34brT3l</a>  | <b>19</b><br><b>Make someone's day</b><br>Share produce, compliment someone, give up a parking spot                 | <b>20</b><br><b>How's your garden growing?</b><br>Create an inside herb garden. It'll add freshness and flavour to your meals   |
| <b>21</b><br><b>Send an uplifting message or phone someone</b>   | <b>22</b><br><b>Dine under the stars</b><br>Set the ambience with music & candles. Look up, take it in, learn about the stars!            | <b>23</b><br><b>Is it time for a financial check?</b><br><a href="https://bit.ly/35Cnelg">https://bit.ly/35Cnelg</a>                           | <b>24</b><br><b>Try dry brushing</b> to wake up your skin in the morning. Start gently for 3 minutes. Followed by a soothing oil                             | <b>25</b><br><b>Shakti mats</b> may sound like torture but once you get past the discomfort, pain becomes payoff<br><a href="http://www.shaktimat.co.nz/">www.shaktimat.co.nz/</a>  | <b>26</b><br><b>Reading poetry</b> has many benefits<br><a href="https://bit.ly/35sKcBo">https://bit.ly/35sKcBo</a> | <b>27</b><br><b>Meal planning</b> can make you feel in control & on budget. Fresh Start kits can provide inspo<br><a href="https://bit.ly/3KQlFfx">https://bit.ly/3KQlFfx</a> |
| <b>28</b><br><b>No screen night</b><br>Try Cluedo or Cards Against Humanity! Make snacks too for a great night in    | <b>29</b><br><b>How has your month been going?</b> List your successes & what you need to reset   | <b>30</b><br><b>You are doing your best</b><br>Sit with that feeling   | <b>31</b><br><b>Kintsugi</b> reflects the philosophy of embracing the flawed. Explore it here<br><a href="https://bit.ly/35ivk8s">https://bit.ly/35ivk8s</a> | <b>Carers NZ</b><br>To learn more or to join our network visit <a href="http://www.carers.net.nz">www.carers.net.nz</a><br>0800 777 797   <a href="mailto:centre@carers.net.nz">centre@carers.net.nz</a><br><a href="https://www.facebook.com/CarersNZ">https://www.facebook.com/CarersNZ</a> |   |   |