

5

WAYS TO GIVE YOUR MENTAL

AND PHYSICAL HEALTH A BOOST

THIS FESTIVE SEASON

This Christmas is going to feel a little different again, with some last minute changes to plans. Whatever your situation, it's important to set time aside to look after yourself, keep active and connect with those you love, even if

you can't see them in person.

There are five simple things we can do to help us feel healthier and take care of our physical and mental health

this Winter. Check out our suggestions and why not come up with some of your own!



MARK OFF YOUR ACHIEVEMENTS

USE THIS PLANNER TO MAKE A NOTE OF HOW YOU'RE GETTING YOUR FIVE WAYS TO WELLBEING

CONNECT 	BE ACTIVE 	KEEP LEARNING 	GIVE 	TAKE NOTICE 
<p>Don't put off that call</p> <p>Keep in touch with friends and family over the festive period, even if you can't be with them in person.</p> <p><input checked="" type="checkbox"/></p>	<p>Uncover hidden history</p> <p>Uncover hidden history with Suffolk Steps - a collection of local historic walks and trails around the county suffolkmuseums.org/projects/suffolk-steps/</p> <p><input checked="" type="checkbox"/></p>	<p>Explore free online courses</p> <p>The Open University or FutureLearn's online courses help you build professional skills and connect with experts.</p> <p><input checked="" type="checkbox"/></p>	<p>Saying Thank You</p> <p>Thanking, complimenting and encouraging someone can make all the difference. Upload and share your thank you messages with Suffolk Says Thanks suffolksaysthanks.com</p> <p><input checked="" type="checkbox"/></p>	<p>Switch off and tune in</p> <p>Take time away from anything digital. Instead, talk to a friend, family member or make that call you've been putting off.</p> <p><input checked="" type="checkbox"/></p>
<p>Try something new</p> <p>Try virtual meeting software like Zoom and Whatsapp.</p> <p><input checked="" type="checkbox"/></p>	<p>Walk your way</p> <p>Get inspiration from the Ramblers' Walk Your Way This Winter Scheme and try their winter bingo ramblers.org.uk/go-walking/walk-in-winter</p> <p><input checked="" type="checkbox"/></p>	<p>That's handy</p> <p>Learn some new DIY skills. YouTube videos can help.</p> <p><input checked="" type="checkbox"/></p>	<p>Give your time</p> <p>Volunteer Suffolk gives you the opportunity to seek out volunteering volunteersuffolk.org.uk</p> <p><input checked="" type="checkbox"/></p>	<p>Explore Suffolk</p> <p>Our county is full of amazing places to visit and discover. Check out Visit Suffolk for ideas visitsuffolk.com</p> <p><input checked="" type="checkbox"/></p>
<p>Go old school</p> <p>Pick up a book, tackle a jigsaw or enjoy good old-fashioned board games to connect with your family.</p> <p><input checked="" type="checkbox"/></p>	<p>Moving moments</p> <p>By moving more, you're working wonders for your mental health! Get inspiration with our movement and mind free resources keepmovingsuffolk.com</p> <p><input checked="" type="checkbox"/></p>	<p>Recipe for success</p> <p>Learn how to cook a new recipe starting with one new meal each week. Try the OneYou EasyMeal app.</p> <p><input checked="" type="checkbox"/></p>	<p>Look out for others</p> <p>You could even volunteer to be a Covid-19 support buddy. communityactionsuffolk.org.uk/buddy-up-covid-19-support-buddies/</p> <p><input checked="" type="checkbox"/></p>	<p>Sleep well</p> <p>Get support to sleep well. Visit Every Mind Matters nhs.uk/oneyou</p> <p><input checked="" type="checkbox"/></p>
<p>Get creative</p> <p>Try a craft activity. Suffolk museums have some great arts and crafts ideas. Pinterest is also a great site for creative inspiration.</p> <p><input checked="" type="checkbox"/></p>	<p>Make it a RED January</p> <p>See in 2022 with your favourite activity from cycling and swimming to walking. Enjoy support from the RED community redtogether.co.uk</p> <p><input checked="" type="checkbox"/></p>	<p>Talking my language</p> <p>Learn a new language for travelling or for fun. Try Learn a Language, BBC Languages or Duolingo.</p> <p><input checked="" type="checkbox"/></p>	<p>Be a good neighbour</p> <p>Support a local Good Neighbour Scheme to support those in the community communityactionsuffolk.org.uk</p> <p><input checked="" type="checkbox"/></p>	<p>Are your emotional needs being met?</p> <p>Get invaluable advice about managing anxiety, sleeping well and a whole lot more from Suffolk Mind suffolkmind.org.uk</p> <p><input checked="" type="checkbox"/></p>
<p>Become a Suffolk PenPal</p> <p>Join Suffolk Mind's PenPal scheme to write to others, or volunteer and help someone feel connected. suffolkmind.org.uk/get-involved/suffolk-penpals</p> <p><input checked="" type="checkbox"/></p>	<p>Get an app-etite for walking</p> <p>Download the Active 10 app on your smartphone for a world of walks, keep track and increase your active.</p> <p><input checked="" type="checkbox"/></p>	<p>Get creative</p> <p>Expand your mind and learning a new skill through Suffolk Libraries. suffolklibraries.co.uk/about/initiatives-and-impact/bloc</p> <p><input checked="" type="checkbox"/></p>	<p>Give yourself a break</p> <p>If you are working from home, remember to build in regular breaks. Short walks can work wonders for general wellbeing and motivation.</p> <p><input checked="" type="checkbox"/></p>	<p>Take time for yourself</p> <p>It's easy to forget to pause, step away from that screen and just savour the world around you.</p> <p>healthysuffolk.org.uk and search 'mindfulness' to learn more.</p> <p><input checked="" type="checkbox"/></p>



suffolksaysthanks.com



keepmovingsuffolk.com



suffolklibraries.co.uk



volunteersuffolk.org.uk



suffolkmind.org.uk



YOUR PERSONAL PLANNER



THIS FESTIVE SEASON

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

If you are isolating due to Covid-19 there are plenty of activities you can enjoy from this list and it's even more important to stay mentally and physically active.

