

PERSONAL WELFARE CALENDAR

1st Take time to plan what you will need to complete the month	2nd Call a friend or family member have a good long chat	3rd Get out your best perfume and put it on every day this month	4th Take at least a 30 min break outside, eat extra vegetables or fruit today	5th Take a longer bath or shower, maybe use some skin care products too	6th Go for a walk or a drive to a place you like, take deep breaths eat extra vegetables / fruit today	7th Invite a friend over for a cuppa and a chat, go outside for at least 15 mins
8th Nice long tea break with a treat , call a friend who makes you happy	9th Go and visit a friend walk if you can if not have a walk when you get back, eat extra vegetables / fruit today	10th Visit a café, take a natter card with you. Buy yourself or a loved one a treat	11th Make something extra special for tea, or get someone to cook for you, start a word search book, do a little every day	12th Write a letter to someone you have not spoken to for ages , go outside for at east 20 mins	13th Give yourself a treat, new perfume or clothes , eat more vegetables / fruit today. Watch a good movie.	14th Make or buy an afternoon tea, posh cups, sandwiches and cake - invite a friend
15th Visit the cinema Eat extra vegetables / fruit today	16th Give you feet a nice relaxing soak, may be add some relaxing foot oils , ring a friend or family	17th Start reading even if its just 20 mins per day , go outside for 30 mins a nice walk would be good	18th Make time to relax for an hour or so, plan some activities for the next few weeks	19th Visit the shops for a couple of hours, even just window shopping chat to people you meet	20th Look for a group you may like to join, support group, history group, craft group, keep doing word searches	21st Long tea break today, make a list of what is making you feel better, plan to do more of those things
22nd Start a puzzle book, or adult colouring book go outside for 20 mins	23rd Exercise day , 20 mins of what you feel comfortable with , eat extra veg & fruit	24th Start a jigsaw Listen to some relaxing music	25th Buy some magazines, gossip, cooking, hobby, they provide good light reading.	26th Go out for dinner or tea, have something you like, Make a list of the positive things in your life	27th Nice face scrub, and some moisturiser, get your hair and nails done too	28th Visit the library they do not just lend books they have lots to do

Day light, physical and mental exercise, meeting or chatting to people, eating plenty of fruit and vegetables, drinking plenty of water, regular sleep, will all help make your mental health improve

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