Wellbeing Advent Calendar

Mind Bath

1 3,4,5 Breathing
Breathe in for 3 seconds
Hold for 4 seconds
Breathe out for 5 seconds
Repeat a few times, as long as it feels comfortable, to encourage your body to move into a more relaxed

2 Try Colouring
Colouring can be relaxing, and something to focus on.
Find colouring on our website
bit.ly/BathMindColouring

3 Notice Positives
Write down 1 positive thing that's happened. However small that may be.
Try to do this every day.

4 Take a Wellbeing walk
Try a gentle walk every day.
Join Bath Mind's wellbeing walk every Thursday - contact info@bathscape.co.uk

5 Check in with a friend...
It's been a really tough couple of months... I wanted to check in. How are you?

6 Bring nature to your home
This could be:
Nature photographs
Plants and Flowers
Letting fresh air in

7 Try something new
Join a group or learn a new skill like photography, sewing, craft or yoga.

8 Plan one activity each day.

9 Plant a seed, watch it grow!
Find gardening and eco-therapy tips suitable for all spaces, on our website.
bit.ly/BMGardening

10 Breathe
Take time to sit quietly and notice your breath.
Close your eyes. Relax in the moment.

11 How are you sleeping?
Reduce screen time:
Turn off screens an hour before bed, as the blue light can send signals to your brain that it is still day time.

12 Read a book
Find your favourite place to relax and read a good book.
Visit a library or ask a friend they could share or recommend.

13 Engage your senses to feel grounded
Notice...
5 things you can see
4 things you can touch
3 things can you hear
2 things you can smell
1 thing you can taste

14 Allow your eyes to adjust to the day by looking out at the sky when you wake. Take a gentle walk to start the day.

15 Reduce Stress
Take time out for activities you enjoy. Perhaps a walk, a run or an exercise class?

16 Think of three things you are grateful for.
Try to do this every day.

17 Be Creative!
Draw, sketch, paint, knit, sew, crochet, write, bake.
Focus fully on the activity.

18 Listen to music
Dance or sing along if you feel like it!

19 Connect with others
Call someone you can talk to - tell them how you are feeling.
Call Bath Mind if you need help or support.

20 Create a Bedtime routine
A bedtime routine may be going to bed at a similar time each night; taking a shower or bath or reading a book before going to bed.

21 Spread kindness.
Share a smile

22 Start a journal or diary.
Note how you think and feel.
You may like to write every day.

23 Cook and eat your favourite meal
Enjoy something homemade, healthy and nutritious.

24 For more free resources, go to:
bit.ly/BMWellbeingActivities
@bath.mind
www.bathmind.org.uk

For help and support, visit www.bathmind.org.uk