

THE WINCHESTER

Well Being Calendar

December

2020

Edition

RELEASE 04





WHY DO WE NEED THIS?



In the midst of our attention being ever so fixed on the overwhelming headlines & news articles, it's very easy for us to allow our mental & physical health fall into the cracks of dismissal. We all do need a break once in a while, and that break should be a distraction far from YouTube recommendations and our fridge!

That is why we are here to introduce to you,

'THE WINCHESTER WELLBEING CALENDAR SERIES 2020'

This 4 - week plan compresses mental & physical needs, making sure not to add onto your already existing workload. The activities range from all levels of difficulties, whilst rekindling wellbeing into your family, allowing for all to recharge, rejuvenate, reconnect.



PLEASE FEEL FREE TO CAPTURE THESE MOMENTS AND SEND THEM TO OUR INSTAGRAM PAGE:



@FIELDNOTESOFMENTALITY



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CHRISTMAS BUCKET LIST

How about this year all of us overworked, frazzled procrastinators have a fun plan to keep us on track? A Christmas Bucket List filled with fun things to do can be that plan. Start this holiday bucket list in early December and it will not only keep you on a better schedule for the season, but the activities will also get you in the spirit of Christmas.

CHOOSE YOGA FOR HAPPINESS

Use this pose **Warrior II Pose** to release stress and tension, and remind yourself that you can stand strong, that you are invincible and amazing in everything that you do! Mantra: "I am in charge of how I feel, and today I choose happiness."



<https://www.youtube.com/watch?v=hmZxKCXS0tY>

🌸 Listen to a Podcast

Podcasts stimulate mental imagery more intensely than watching or reading & cause listeners to have to pay more attention
All in the Mind - Produced by BBC Radio 4 looks at the limits and potential of the human mind, covering everything from mindfulness to the issue of loneliness in modern life. Well worth a listen:

▶ <https://www.abc.net.au/radionational/programs/allinthemind/episodes/>

Empathy in Action 🌸 Movie Recommendation of the week

"WONDER"

Spend some time watching a show or movie. At any given time, pause & discuss how the characters are feeling. You might ask: "How are they feeling?" and "How would you feel if that happened to you?" Use this to build on considering how others feel, discussing social cues, & caring about emotions

The movie's emphasis on the value of empathy has resonated with many educators, parents, and children





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STAYING IN SHAPE DURING THE HOLIDAYS

During this holiday season, staying active in some way will give you energy, reduce stress and tension and, of course, help mitigate some of the extra calories you may be eating.

▶ <https://www.verywellfit.com/exercise-during-the-holidays-1231555>

Walk as much as possible. Take extra laps at the mall, use the stairs, volunteer to walk the dog.

Try isometric exercises – squeeze and hold the abs, or even press the hands together to engage the chest.

If you don't have equipment, pick up some full water bottles or soup cans for quick lateral raises or overhead presses. Something is always better than nothing.



FORMING GOOD HABITS

- Be Positive, once you make the Decision, Commit to it.
- Identify All Your Triggers and Obstacles.
- Take Time to think what is holding you back.
- **If You Fail to Plan, You Are Planning to Fail!**
- Get Support from your friends and family.
- Celebrate Your Small Wins.



MOVIE RECOMMENDATION OF THE WEEK



"Klaus" - An amazing movie with roots in friendship, bridge-building, and the dying art of letter writing. One tiny act of love and kindness can influence an entire town — and it only takes one person to ignite change.



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glued to phone screens?



Have Fun Time



Karaoke Whether you have an at-home machine or have to head out and rent a room, karaoke gives you a chance to step up to the mic and let loose.



Bake..! Nothing gets into a holiday mood faster than firing up the oven to create something that looks beautiful, smells delicious, and is full of empty calories.



The spirit of volunteerism is a good way to spend your free time. Join a community service organization, volunteer for a local group, or plan a fundraiser for a topic that interests you. Being passionate about the causes that matter You the most!



Have a movie marathon. Find the time and make it happen.



▶ Movie Recommendation of the week

"Let It Snow" is a perfect movie for young adults to spend free time during this Winter season watching a relatable, hilarious, and romantic 2019 Netflix original. The cast contains eight main characters wonderfully directed by Luke Snellin.



There's nothing like a steaming mug of hot chocolate on a cold December night. Click on the link & Get creative!

Hot Chocolate Buffet

▶ <https://www.cleanandscentsible.com/hot-chocolate-bar-ideas/>

A hot chocolate bar is great at any time of year, not just the Christmas time. They're perfect for any season, holiday, or special event!



IDEAS FOR

Quirky and unique cakes and bakes

▶ <https://www.goodtoknow.co.uk/food/recipe-collections/quirky-cakes-and-bakes-35446>



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Family Together Time



Bring that extra awe factor

Take a ride to look at the festive decorations in your neighborhood. So often, we hurry through the season and forget to take in the simple (and free!) joys of gazing at beautiful decorations.

Make a holiday greeting video and send it to friends and family

Capture Your moments and send them to our Instagram page: [@fieldnotesofmentality](https://www.instagram.com/fieldnotesofmentality)

Make your room Festive



Add your favourite shades to brighten up your favorite space.



Take family photos with Santa



New Year,
New Me!



GUESSING THE NEW YEAR RESOLUTIONS



RECAP THE YEAR

A lot can happen in 365 days, and New Year's Eve is a great time to reflect on it all. Choose the most special moment that you experienced this year, and everyone can join in on your feel-good story!

DANCE IT OUT



CLICK FUN PHOTOS WITH FRIENDS & RELATIVES

▶ Movie Recommendation of the week



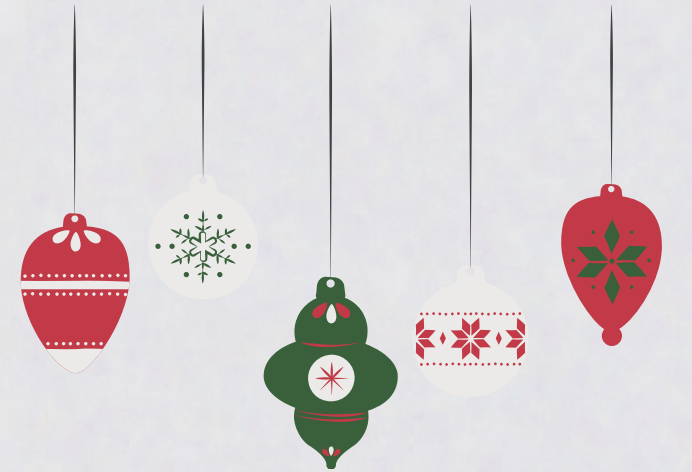
"Jingle Jangle: A Christmas Journey" is a 2020 American Christmas musical fantasy film written and directed by David E. Talbert. One of Netflix's newest holiday films has all the hallmarks of a perfect Christmas tale:



Our Instagram page: @fieldnotesofmentality

*A call to our readers to send us
your favourite holiday activities*

*Email us on:
winchwellbeingpost@gmail.com*



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