












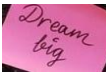

December



Anna Johnstone

2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>30</b></p> <p>Plan to celebrate without alcohol</p>  <p><a href="http://www.the-plan.nz">www.the-plan.nz</a></p>	<p><b>31</b></p> <p>Make 5 Ways to Well-being part of your daily life in 2019</p> <p><a href="#">Wellbeing - Mental Health Foundation of New Zealand</a></p>		 <p>Season's Greetings from Wendy and Chris</p>		<p>If Christmas pressure is affecting your, or someone else's mental health: <a href="#">ph. or txt.</a></p> 	 <p><b>1</b></p> <p>Create Christmas <a href="#">decorations</a></p> <p>Or write in a card and post it snail mail</p>
<p><b>2</b></p> <p>Meet someone you have been meaning to catch up with...or if that isn't possible phone them instead</p>	<p><b>3</b></p> <p>'Tis the season to be... stressed out!</p> <p><a href="#">Respond Vs. React: How to Keep Your Cool in Times of Stress</a></p>	<p><b>4</b></p> <p>Support a charity e.g. Age Concern's "Give a little appeal." Donate nonperishable foods, toiletries or gifts, Ph. 544 7624</p>	<p><b>5</b></p> <p>Notice your breathing</p> <p><a href="#">Relaxation and breathing   NZDF Health</a></p> 	<p><b>6</b></p> <p>Snack on activity</p> <p>3 short walks of 10 minutes adds up, take a friend with you or a pet</p>	<p><b>7</b></p> <p><a href="#">Time management Victoria University</a></p> <p>Come on you know you need this!</p>	<p><b>8</b></p> <p>Digital Detox turn off your devices and really connect with family friends and nature</p>
<p><b>9</b></p> <p>Bake seasonal treats to give away as <a href="#">presents</a></p> 	<p><b>10</b></p> <p>Call 0800 448 325 To give blood... Too scary? Give your time to someone today</p>	<p><b>11</b></p> <p>Put coins in someone else's parking meter or leave a tip at a service counter.</p>	<p><b>12</b></p> <p>Swap recipes</p> <p><a href="#">Recipe makeovers - Heart Foundation</a></p> 	<p><b>13</b></p> <p>NO complaining. Catch yourself each time you cruise down the "complain lane".</p>	<p><b>14</b></p> <p>Take time out (side <a href="#">Survey findings</a> (MHF) positive impact time in nature has on mental health</p>	 <p><b>15</b></p> <p>Introduce yourself to your neighbours</p>
<p><b>16</b></p> <p><a href="#">Christmas for The City</a> Concerts &amp; Gig Guide - Events –enjoy what's on in Nelson</p>	<p><b>17</b></p> <p>Enjoy the sunset tonight</p> 	<p><b>18</b></p> <p>How's your thinking?</p> <p><a href="#">All Right? What is healthy thinking? - allright.org.nz</a></p>	<p><b>19</b></p> <p>Be conscious of the words you choose EVERY contact counts. Be compassionate to yourself and others</p>	<p><b>20</b></p> <p>Need to chillax?</p> <p><a href="#">Relaxation techniques - Heart Foundation</a></p>	<p><b>21</b></p> <p><b>Give away:</b></p> <ul style="list-style-type: none"> <li>*that car park</li> <li>*place in the queue</li> <li>*a kind word</li> </ul>	<p><b>22</b></p> <p>Visit homes with Christmas lights <a href="#">232 lit-up houses in Aotearoa</a> last year!</p>
 <p><b>23</b></p> <p>Stick a positive message on-a car desk, lunch box.</p>	<p><b>24</b></p> <p>Spend <a href="#">Quality time with whānau</a> and friends.</p>	<p><b>25</b></p> <p>Write down 3 things you are grateful for and why.</p>	<p><b>26</b></p> <p>How's your sleep?</p> <p><a href="#">Tips to improve your sleeping habits   Health Navigator NZ</a></p>	<p><b>27</b></p> <p>Declutter</p> <p>Get rid of 3 things you never use.</p> <p>Sell /donate</p>	<p><b>28</b></p> <p>Explore <a href="#">Free &amp; Low Cost Activities - Nelson</a></p>	 <p><b>29</b></p> <p>Ask for or give a back/hand or foot massage.</p>

