



POSITIVITY & WELLNESS CALENDAR

30 actions to help you with your daily wellness routine

By Bay Erol, Audley Ellerslie Leisure Manager



1

Make a list of things you most enjoy doing when outdoors (such as bird watching, run, walk).

2

Plan a call with a family member or friend today.

3

Stretch-routine.

4

Watch your favourite comedy and laugh out loud!

5

Go for a walk.

6

Drink plenty of water in your daily routine to boost your immune system.

7

Share a positive thought with every person you have a conversation with today.

8

Cook a healthy meal and choose something you have always wanted to try.

9

Do gentle resistance exercises-routine.

10

Create your own spa at home (self-pampering).

11

Call a loved one and catch up.

12

Play a game you enjoy (video, board, sudoku etc).

13

Create a herb tray and grow your own herbs for your cooking.

14

Practice 5 gentle yoga poses-routine.

15

Take extra pride in your appearance today.

16

Meditate (You can find lots of videos on YouTube).

17

Make a home video of something fun to share with your loved ones.

18

Find a recipe of a dish you have never cooked before and cook it.

19

Practice 5 gentle Pilates exercises-routine.

20

Start a new book, tv show or a podcast.

21

Write a letter to your closest friend.

22

Spend at least 20 minutes outside to get vitamin D.

23

Write down 3 past memories of your favourite life experiences and write a short story.

24

Chair based exercises-routine.

25

Change up the way you make decisions. If you tend to go with your head, decide with your heart.

26

Switch everything to airplane mode. Unplug for an hour.

27

Play 3 of your favourite songs and have a dance.

28

Think about what new habits you would like to start.

29

Practice mobility exercises-routine.

30

Plan your next holiday towards the end of the year.

“We can all make a shift towards positive thinking. All we need is practice and time. If you can make a few small changes today, I'd say smile more and do some exercise.” - **Bay Erol**