

Winter wellness

CALENDAR

Take time to ask someone how they are	Do something that makes you happy	Cook a homemade meal	Make a plan to virtually meet someone dear to you	Do a random act of kindness	Tell someone how much they mean to you	Go for a walk
Give a compliment	Try a new food	Call an older relative to say hi	Write down three things you are grateful for	Thank someone	Meditate: sit, relax, focus on breathing	Take time to check in on someone today
Spend time in nature	Try a new activity today	Laugh	Draw or paint a picture	List three things you like about yourself	Sit in the sun for five minutes	Enjoy a sunset or sunrise
Read a book for 30 minutes	Donate to a food bank	Clean out a cluttered drawer	Drink a glass of water before each meal	Challenge: no screen time for one hour	Send a nice text message to someone	Take a photo of something nice

Check off all completed wellness activities (min. 5) and email PDF or send a picture of the calendar by March 5th to: secretary@mahcp.ca

Name: _____
 Personal Email: _____
 Phone: _____
 Workplace: _____
 District #: _____

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