

TAKE SOME YOU↑TIME

and try our mental wellbeing advent calendar!

1

Start a gratitude jar/journal. Fill it with things you are grateful for during the month.

2

Sunlight to start your day can boost mood. Head outside this morning!

3

Take time to connect. Call up a friend, or visit a neighbour today.

4

Wind down before bed. Give yourself 1 hour to read, take a bath - do something to relax.

5

Have a song that makes you smile? Play it loud... and sing it even louder!

6

Take a mindful walk outside. Notice what you see, hear and smell.

7

Focus on eating healthy today. Try and swap some junk food for a nutritious snack.

8

Ever heard of clean home, clean mind? Take 10 minutes to do a quick tidy up.

9

Wake up with a stretch, then start your day by ticking off something on your to-do list.

10

Get creative today. Cook, draw, write, paint, make - it's up to you!

11

Have a hobby you never get to do? Make it a priority today.

12

Try to spend at least one-hour completely screen-free!

13

Start a conversation with someone new today.

14

Time to move. Walk, stretch, swim or play - aim for at least 30 minutes.

15

Connecting with nature barefoot can reduce stress. Take off your shoes and head outside.

16

Trying something new can increase motivation & mood. What will you try today?

17

Get moving! Make it your mission to move as much as possible today.

18

Take 5 minutes. Find somewhere quiet and just sit, focusing only on your breathing.

19

Write down 5 things you love about yourself.

20

Make your bed first thing this morning. Aim to do this every day this week.

21

Be social without the media. Take a break from all social media today.

22

Declutter. Pick 5 things you no longer need and donate them.

23

Before you grab that coffee to go, start your day with a healthy breakfast.

24

Take photos of 3 things that make you smile.

25

Get your brain working on something fun. Try a puzzle or crossword.

26

Pay it forward and pay someone a compliment today. It might be just what they needed.

27

Try and catch a sunrise or sunset today!

28

Clean out your social media. Unfollow pages (or people) who don't bring you joy.

29

Today is YOUR day. What is your favourite thing to do? Do it today.

30

Sit down and read your notes from your gratitude jar/journal. What are you grateful for?



Find out how
Youturn can support

youturn.org.au

