

Do Good December

Trigger Warning: *Christmas* *Loss*

December seems to have started with a particularly cold snap!

So, I hope this email finds you all wrapped up warm whether outside or in. This month's action for happiness calendar can be found below.

December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment
4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them
11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you
18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh
 25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2024

ACTION FOR HAPPINESS Happier · Kinder · Together




Last month, I sat looking out to sea on a dull wet day in Watchet, while my group were on NEA data collection. There wasn't anything particularly inspiring about it, but it wasn't bad either. I'd looked around the small town with all its shops advertising their Christmas wears and seasonal foods, and it all felt like it was both coming up too fast and a long way off to think about it.

I looked at the action for happiness calendar and saw that the thought of the day was to "Look at something through someone else's eyes".

I feel like this time of year it's even more important to do that.

There can be lots of expectations around the festive period, financially and socially, which can put emotional pressure on, as well. Whether you celebrate

Christmas or not, meet with friends and/or family. There's no right way to do it. Some have their traditions but there's always space to create new ones.

If you are someone who finds it a little difficult at this time of year then there are plenty of resources and support out there:

- <https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/>
- <https://www.cruse.org.uk/christmas/>
- <https://www.turn2us.org.uk/about-us/news-and-media/latest-news/christmas-grants-and-other-support>
- <https://mentalhealth-uk.org/christmas-and-your-mental-health/>
- https://www.selfcareforum.org/resources__trashed/case-studies/?fbclid=IwAR1M3bLGzj2SyL58hAcDyvMQtaMz0IEicbiFDi3_NsLbVVwi570zylLpMKA

I saw a lovely post by my old firm reminding me that Winter Wellbeing is more than just wrapping up on the sofa with a good book or film and a warm drink in hand, but about really checking in and finding out what works for you especially with the dark part of the day being longer and many leaving home and returning in the dark when at work. So please remember to check in with yourself and continue to practice self care.

Useful Links

- There is access to lots of resources on the [Wellbeing padlet](#).
- The Mind website helps you [find local services](#) as well as having information about how to [support others](#)
- A reminder that Mental Health First Aid England have put together this [blog post about Self Care](#) .
- Follow the #Wellbeing Slack channel for other wellbeing posts and use the support through available through [Westfield Health](#).

For a final bit of positivity;

Thank you to [@Charles Roper](#) for sharing this [Positive.News article](#) about transforming walks in a forest, it has some lovely tips.

If anyone has any Wellbeing related information to share, please join us on the #Wellbeing Slack channel or email to wellbeing@field-studies-council.org and we can add it in to the next post/email.

Winter wishes.