



Wellbeing Advent Calendar December 2017



<p>Prepare early 1</p> <p>Keep your immune system strong by reducing your stress levels and getting organised. Get your Christmas shopping done early and write a list of tasks so you can tick them off as you go.</p>	<p>Love yourself 2</p> <p>We all have unique contributions to make to this world and we all make mistakes. Value your uniqueness and practice self-compassion.</p>	<p>Exercise 3</p> <p>You burn more calories in the cold as your body has to work harder to keep itself warm. That means you can get away with shorter exercise sessions!</p>	<p>Swap chocolate... 4</p> <p>for fruit and nuts. Oranges are full of immune-boosting vitamin C, while nuts are protein-rich and help keep your blood sugar levels stable.</p>	<p>Self-care 5</p> <p>When we care for others such as children or elderly relatives we can forget ourselves. Come along to the Introduction to the Caring Role course 1-4pm in Oxford today to explore the importance of self-care.</p>	<p>Benefits of Pets 6</p> <p>On an emotional level, owning a pet can decrease depression, stress and anxiety; find out more about the Benefits of Pets on our course in Oxford 1-4pm today.</p>	<p>Healthy baking 7</p> <p>You can experiment with recipes that use raw chocolate, honey, fruit and other natural sweeteners instead of refined sugar you still get to indulge but without the guilt!</p>
<p>Keep grounded 8</p> <p>It is important to relax – whether that’s through deep breathing, yoga, meditation or T’ai Chi the benefits of learning to calm the mind are endless. T’ai Chi and Wellbeing is running in Banbury 10-1pm today.</p>	<p>Accept emotions 9</p> <p>Sometimes we spend lots of energy avoiding or fighting emotions rather than feeling them. Find a safe way to express your feelings whether you write them in a journal or confide in a friend. You can also call Samaritans on 116123.</p>	<p>Get crafty 10</p> <p>Make some homemade decorations. Not only is it a fun activity and an opportunity for friends and family to come together, returning home to Christmas decorations can also help boost your mood.</p>	<p>Meditate 11</p> <p>Meditation is known to reduce stress and leave you feeling more clear-headed – and as stress depresses the immune system, meditation is a great way to look after your mental and physical health. Check out online apps such as Headspace.</p>	<p>Socialise 12</p> <p>Spending time with people we care about whether that’s friends and family or people who have similar interests is important for wellbeing. Invite someone over for a cup of tea or glass of mulled wine or join a group.</p>	<p>Attend a course 13</p> <p>If you would like to build your confidence or set some new goals, try attending our Employment: Exploring Confidence course in Didcot today 1-4pm.</p>	<p>Join a choir 14</p> <p>Studies have shown that singing does wonders for our mood and also helps improve and sustain lung function, which is particularly helpful for people with COPD. Look online to find a local group.</p>
<p>Make a wreath 15</p> <p>Come to our Wellbeing Wreath workshop at the Elder Stubbs Training Room in Oxford 11-1pm today.</p>	<p>Start a tradition 16</p> <p>That could involve going on an annual bike ride, participating in a charity fun run, or volunteering to help others less fortunate. Not only can this boost wellbeing, it also helps you enjoy quality time together.</p>	<p>Smaller portions 17</p> <p>This is definitely the key to be able to indulge without overeating and feeling as stuffed as a turkey. Try using smaller plates to help.</p>	<p>Laugh 18</p> <p>Sometimes we can take life too seriously, watch a comedy or play a game like Charades. Laughter decreases stress hormones and triggers the release of endorphins, the body's natural feel-good chemicals.</p>	<p>Add some fibre 19</p> <p>Jump start your system by drinking plenty of water and adding more fibre to your body with extra portions of fruits and vegetables.</p>	<p>Avoid hangovers 20</p> <p>Make sure to eat something filling before you go out that evening, and drink a glass of water between each alcoholic drink to ensure you stay hydrated.</p>	<p>Dance 21</p> <p>Not only will you stay warm while getting a chance to exercise, dancing has also been shown to fight stress and help boost your mood!</p>
<p>Keep fit at home 22</p> <p>There are plenty of free exercise videos available online which can help you get motivated.</p>	<p>Get plenty of rest 23</p> <p>After all – cold weather is the perfect excuse to curl up with your duvet and a good book.</p>	<p>Go outdoors 24</p> <p>It’s the best time of year to try ice-skating or sledding. Or for something more risk-averse gather friends and family for a brisk winter walk.</p>	<p>Merry Christmas 25</p> <p>From all the staff and tutors at Oxfordshire Recovery College!</p>	<p>To book on to Oxfordshire Recovery College courses, please call us on 01865 779613 or email us at info@oxfordshirerecoverycollege.org.uk.</p>		