

January Wellness Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Why not try a New Year dip! great british skinny dip	2 Find three good things to look forward to this year.	3 Finish your shower with cold water for a minute or 2.	4 Get out for a lunchtime walk.	5 It's not too late to start dry January!	6 parkrun Try a Park run, you don't have to run, walk, go with a friend, have a chat or take your dog!	
7 Try meal prepping for the week and choosing healthy options.	8 Start a new book or one of your favourites.	9 Contact a friend and ask them how they are today.	10 Challenge yourself to 24 hours without social media.	11 Try some yoga or some simple stretches. Move More	12 Eat healthy food that nourishes you today – get your 5 a day. NHS Eat Well	13 Take 10 minutes to yourself and listen to some music.	
14 Check in on your device usage. Try and reduce it this week.	15 Try a Meatless Monday. NHS Eat Well	16 Ring someone rather than sending an email or Teams message.	17 Donate something to charity.	18 Get out the lift one floor early and take the stairs.	19 Relax. Create an at home Spa. Have a warm bath, candles, aroma oils and music.	20 parkrun Try a different Park run this week. Lets see if you can shave a bit of your time or run a little more than last week.	
21 Spend some time in nature and take some time to breathe it in.	22 Create a list of places you would like to visit this year.	23 Can you leave the car at home? Walk/bike or get the bus to work.	24 Take in a showing at the theatre or cinema. darlington hippodrome vue cinema darlington	25 Walk down the stairs today.	26 Join a club, maybe a book club or a sports club. events clubs and societies	27 Go to a craft workshop.	
28 Home Cinema Day. Watch your favourite movie.	29 Make a meeting a walk and talk.	30 Clear your mind and make a plan for the year. Split into categories; personal development, bills, wishes, trips, family etc	31 Take some deep breaths. mindful breathing meditation	SOME USEFUL LINKS: parkrun Move More NHS Eat Well Join or start a group in Darlington www.darlington.gov.uk/your-council/events/clubs-and-societies/ www.healthy-darlington whats-on			 DARLINGTON Borough Council