

THE WINCHESTER



THIS
IS
YOUR
YEAR



Well Being Calendar

January
2021
Edition

RELEASE 05



WHY DO WE NEED THIS?

In the midst of our attention being ever so fixed on the overwhelming headlines & news articles, it's very easy for us to allow our mental & physical health fall into the cracks of dismissal. We all do need a break once in a while, and that break should be a distraction far from

YouTube recommendations and our fridge!

That is why we are here to introduce to you,

'THE WINCHESTER WELLBEING CALENDAR SERIES 2020'

This 4 - week plan compresses mental & physical needs, making sure not to add onto your already existing workload. The activities range from all levels of difficulties, whilst rekindling wellbeing into your family, allowing for all to recharge, rejuvenate, reconnect.

PLEASE FEEL FREE TO CAPTURE THESE MOMENTS AND SEND THEM TO OUR INSTAGRAM PAGE:

@FIELDNOTESOFMENTALITY

WEEK - 1

Well Being

HAPPY
NEW
YEAR



Set Goals to Make 2021 Your Best Year Ever



When it comes to setting goals for the year, setting the RIGHT goals is half the battle.. Here are some goals you can set:

Read 12 Books , Eliminate a Bad Habit, Spend Less Time Online

START A FAMILY CHALLENGE, LIKE A WEIGHT LOSS CHALLENGE

Keep trying new things. In fact, you might even take turns picking activities each week for the family to try. Sign up for a family yoga, martial arts or Zumba class and share some quality fitness time together.



Get yourself a new Style...

It's time to make a change. Regardless of whether you've had the same look for years, getting a new look requires that you spend time for yourself. Ask friends or family members for recommendations and guidance.

Get artistic. Write a poem about something you like in your journal, or sketch a winter scene.



WEEK - 2

Well Being

HAPPY
NEW
YEAR



POWER YOGA

Power Yoga is A Great Cardio Workout. Yoga styles that are “continuous, rhythmic, aerobic activities that use large muscle groups” – like power yoga support healthy hearts for yogis.



SOCIAL INTERACTION

Humans are wired for connection and community. It may be your instinct to seclude yourself when you start feeling stressed out, but sometimes social interaction is key to staying on the right track. Studies show that people who have satisfying relationships with family, friends & community are happier, have fewer health problems and even live longer



Put together a care package for someone

Head to a Store and purchase a small bin or shower carry-all to fill with items at the store. You can get a nice handful of personal care items, food or household items to make someone happy!



Progressive relaxation

TIME
TO
RELAX

This form of meditation involves slowly tightening and relaxing one muscle group at a time throughout the body. In some cases, it may also encourage you to imagine a gentle wave flowing through your body to help release any tension. It is often used to relieve stress and unwind before bedtime.

WEEK - 3

Well Being

HAPPY
NEW
YEAR



ENDURANCE EXERCISES

Some endurance exercises like riding, stair stepping, walking and swimming can improve the endurance level. You can gradually increase the duration of these exercises according to your level of tolerance. While doing these exercises, one should start slowly but plan to work a little faster as time passes by.

Points to Remember:

- Exercise for at least 30 minutes on a regular basis
- Start slowly and increase activity gradually
- Wear comfortable clothes and shoes, while exercising



SPREAD
HAPPINESS



Spread good cheer



Spread some cheer by doing random acts of kindness.

Ask an elderly person if they need help - Be gentle about how you ask this (you don't want to offend by implying someone is less than capable!), but if you notice someone struggling, offer to be of service.

Tell your family members why you are thankful for them - Write some thank you notes to your family letting them know what you are thankful for and how much they mean to you. This is worth more than anything you could buy.



Put someone else before yourself - Did you want the last piece of cake? Give it to someone else. The little things that we do are often the big things.

WEEK - 4

Well Being

HAPPY
NEW
YEAR



Green exercise

Green exercise, which is considered any physical activity that takes place outside, has been shown to improve both physical and mental health. Activities can be intentional such as visiting a neighborhood garden or riding bike, incidental such as interacting with people while walking to the grocery store or walking in the park, as well as indirect like looking at trees through a window or viewing pictures of nature scenes. It includes a variety of activities such as gardening, cycling, walking, horse riding, flying kites, walking the dog or participating in a neighborhood project like planting flowers.



Breath Focus

Breathe in. As you do that, imagine that the air is filled with a sense of peace and calm. Try to feel it throughout your body. Breathe out. While you're doing it, imagine that the air leaves with your stress and tension. Now use a word or phrase with your breath. As you breathe in, say in your mind, "I breathe in peace and calm." As you breathe out, say in your mind, "I breathe out stress and tension." Continue for 10 to 20 minutes.

MORE PRODUCTIVE IN 2021

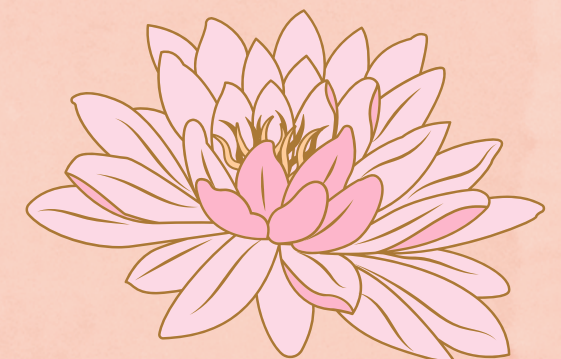
To be more productive, it's vital to continue to learn your trade, work, or the skills relating to doing what you do. Choose more of your activities and time to enhance skills and learn, rendering you more productive at what you do best!



MAKE AN OUTLINE FOR YOUR WELLNESS PLAN

Write the main goals you'd like to accomplish using the SMART method:

- | | |
|-----------------------|--|
| S - Specific | • Assess Your Current Physical Wellness. |
| M - Measurable | • Find Out What Exercise Is Right For You. |
| A - Achievable | • Determine What Nutrition You're Getting and What You Need. |
| R - Realistic | • Get the Right Amount of Sleep. |
| T - Timely | • Adjust Your Personal Wellness Plan. |



Our Instagram page: @fieldnotesofmentality

*A call to our readers to send us
your daily motivations*

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