

THE WINCHESTER

Well being Calendar

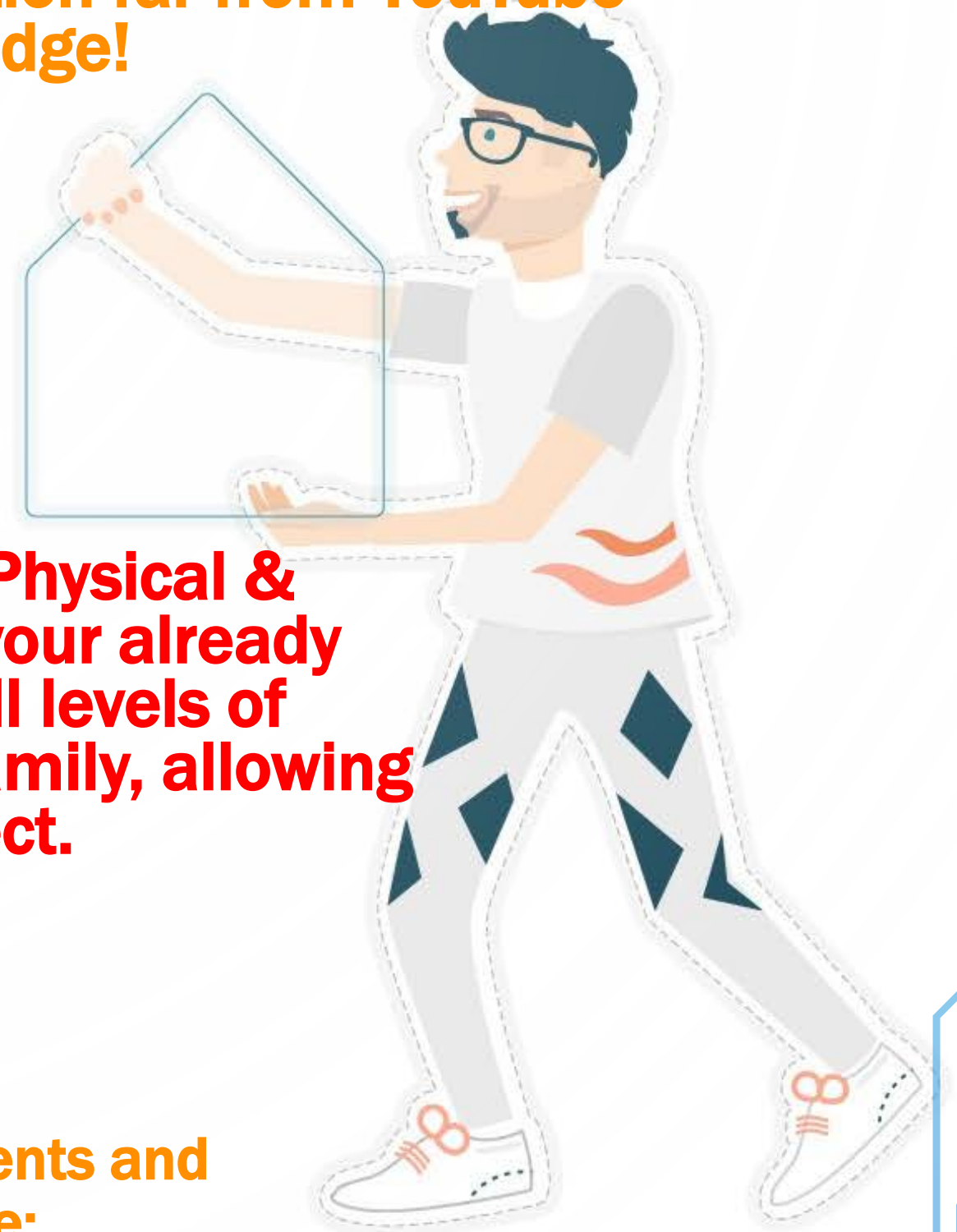
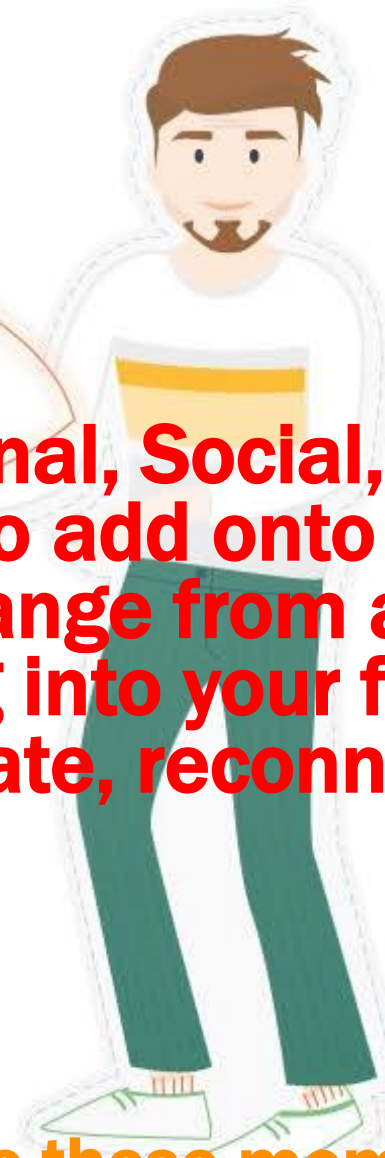
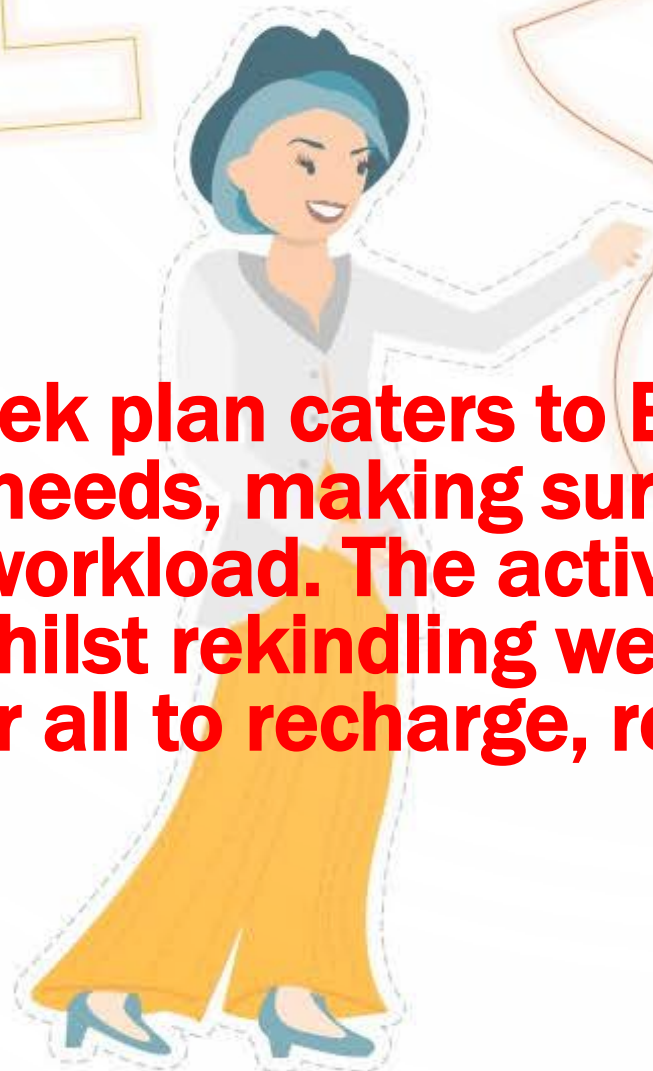


Why do we need this?

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!

This 4-week plan caters to Emotional, Social, Physical & Academic 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](https://www.instagram.com/fieldnotesofmentality)





WEEK-1



Maintain a Gratitude Journal

LIST FEW THINGS YOU ARE GRATEFUL FOR TODAY

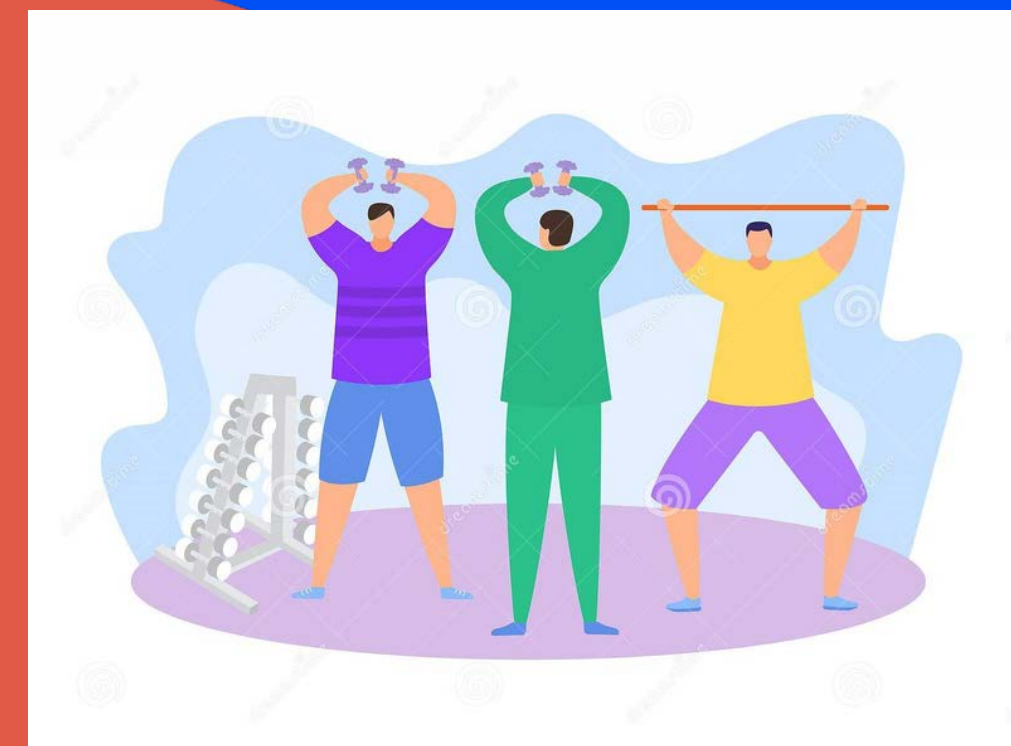
- Journaling helps you to train your writing
- Keep your thoughts organized
- Set & achieve your goals
- Record ideas on-the-go
- Relieve stress
- Allow yourself to self-reflect
- Boost your memory
- Inspire creativity



Do a HIIT Workout

HIGH-INTENSITY INTERVAL TRAINING (HIIT)

- HIIT Can Burn a Lot of Calories in a Short Amount of Time
- Your Metabolic Rate Is Higher for Hours After Exercise
- You Might Gain Muscle Using HIIT
- HIIT Can Improve Oxygen Consumption
- Blood Sugar Can Be Reduced by HIIT



Create a Schedule

STRATEGIES FOR CREATING YOUR WEEKLY SCHEDULE

- Balancing Everything on Your Plate
- Be realistic about what you can accomplish each day
- Budget at least 1 hour of homework for each day
- Plan study or work time...Plan time for fun & entertainment
- Don't over commit. ...Spread things out, Give yourself enough time
- Create a template of your weekly schedule



Find your Interest Groups

Learning a shared interest where members in the group cooperate to share their ideas and thoughts within their particular field, will help in expanding your knowledge



SPECIAL INTEREST GROUPS



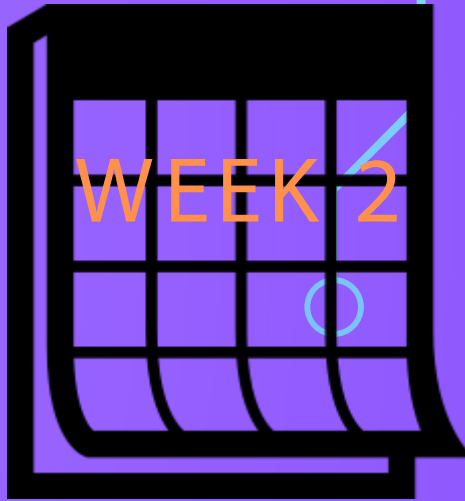
WEEK-2



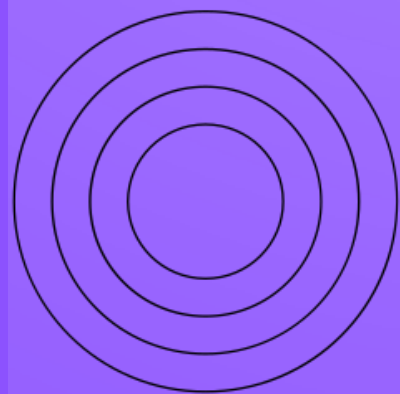
Create a Positivity Portfolio



- Spread Happiness
- Count your blessings
- Follow your passions
- Apply your strengths
- Connect with nature
- Savor Goodness
- Kindness counts
- Connect with others
- Dream about your future
- Open your mind and your heart



Relaxing Total Body Stretches



- Quad Stretch
- Standing Hamstring Stretch
- Chest and Shoulder Stretch
- Upper Back Stretch
- Biceps Stretch
- Shoulder Stretch
- Seated Side Stretch
- Triceps Stretch



Make a new Friend

- Realize your fear is in your head. The first step is to develop a healthy mental image of meeting new people
- Start small with people you know...Get yourself out there
- Take the first step. ...Be open
- Get to know the person...Connect with genuinity...Be yourself



Discover new Talents

- Verbal Intelligence
- Animation
- Cartooning
- Photography
- Fashion designing
- Musical Intelligence
- Mathematical Intelligence





WEEK-3



Give yourself Awe



TOGETHER, WE THRIVE



- **Make time to expose yourself to something truly awesome. Watch a sunset or sunrise, or watch a nature video**
- **You can awe yourself with a grand landscape, or by reading about a mind-expanding theory, or by contemplating something that changes the way you think about the world.**

Let's Dance



- **Dance, the movement of the body in a rhythmic way, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself**
- **Have Fun !! Things like singing, dancing, painting, acting, or even a sport rejuvenates your mind and body instantly**

Engage In self care

SIMPLE WAYS TO ENGAGE IN SELF-CARE



- Sleep! Take a nap, or get a good night's sleep!
- Eat Well. A good meal can help you feel better emotionally and mentally
- Give Yourself Breaks
- Practice Gentle Self-Talk
- Read A Book
- Play A Game
- Take A Hot Shower Or Bath. ...Meditate

Manage Stress

- Take a 10 minute walk. According to experts if you take a walk it will help release endorphins to relieve stress and pain
- Learning to focus on your breathing can help you reduce stress
- Create an exercise regiment
- Write a Reflection Journal
- Organize Yourself





WEEK-4



Mindfulness to Train Your Attention



- The best way to train your Attention muscle is with mindfulness
- Start a Daily Mindfulness Practice
- Carving out a few minutes every day to deliberately practice focusing and holding your attention on one thing
- Intention—what you hope to get from mindfulness
- Attention—paying attention to your inner or outer experience
- Attitude—paying attention to certain attitudes, such as curiosity, acceptance and kindness



Yoga

- Empowers your mental and physical health
- Experience inner peace by controlling the body and mind



Create your weekly meal planning

- Create your weekly meal planning grid
- Fill in any days you'll eat away from home... Make a menu
- Plug in meals for the week...and don't forget snacks!
- Find out new recipes that work for you
- Buddy up. ...



Peer Coaching

AN EMERGING TREND – BEYOND THE SINGLE COACH

- Unlocks the Leader abilities in you to Strengthen Others
- Increase Confidence and Resilience
- Supports Open Discussions, sharing of Ideas and Experiences
- Arrange an online meeting once a week.
- Discuss and coach each other on any interesting topics of your choice





Your

ATTITUDE

determines your

DIRECTION

