

# HEALTH & WELLNESS

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## HAPPY NEW YEAR!

**MAKE 2023 THE YEAR THAT YOU ARE KINDER TO YOURSELF. BEING KIND TO OTHERS OFTEN COMES NATURALLY BUT BEING KIND TO OURSELVES MAY NOT. SO WITH THAT IN MIND, HERE ARE 10 WAYS TO SHOW YOURSELF SOME KINDNESS – THIS WEEK AND BEYOND.**

- 1) Talk kindly to yourself.
- 2) Practice gratitude.
- 3) Perform acts of kindness to others.
- 4) Reflect daily.
- 5) Self-care.
- 6) Be responsible for yourself.
- 7) Invest in your interests.
- 8) Practice mindfulness.
- 9) Spend time in or around nature.
- 10) Think of the opportunities.



I matter

## MESSAGE IN THE BOTTLE

What are you most looking forward to this year? As a family, write down 2 or 3 (or more!) things that you are looking forward to in 2023. You can do this collectively or have individual ideas. Then roll them up and put them in a bottle. You can check these at the end of the year. It's good to look forward to things and have dreams!



2023

Wishing all our families a very happy New Year and hoping that 2023 is a year full of kindness, happiness and optimism for everyone. Please remember that we are always available if you need any support with health and wellness!

**You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself!**

January Calendar

