

12 Days of Wellness



1

**10 minute
mindful walk**



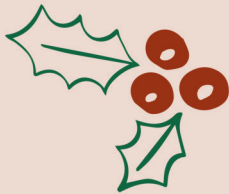
**Do 3½ minutes
of stretches**

3



**Help a
neighbour**

4



**Swap a
snack for a
healthier one**

5



**Write down 3
things you are
grateful for**

**Do a
home safety
sweep**



6



7



**Check your
water intake**

**Simple seated
strengthening**



8

**Try a
breathing
technique**

9



10

**Healthy
feet check**



11

**Do a
creative
mini project**



**Connect
with
someone**

12





1

10 minute mindful walk

Go on a short walk outside. Stop and use your 5 senses to connect with the present. Try to notice the following:

5

5 things you can see



4

4 things you can hear



3

3 things you can feel



2

2 things you can smell



1

1 thing you can taste



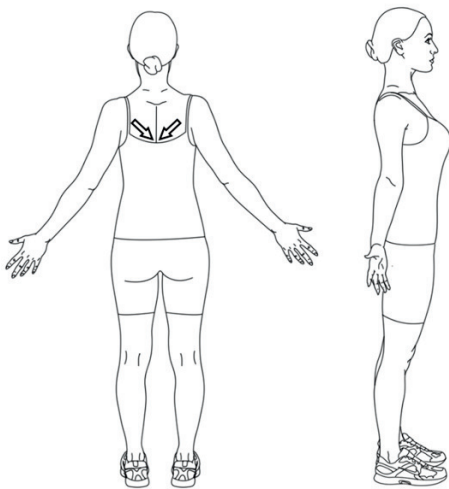
Hold each of these stretches for 15 seconds, twice over. For each:

- Move slowly
- Stay in comfort zone
- Breathe normally
- Hold, but don't force
- Stop if it hurts or feels unsafe



Do 3½ minutes of stretches

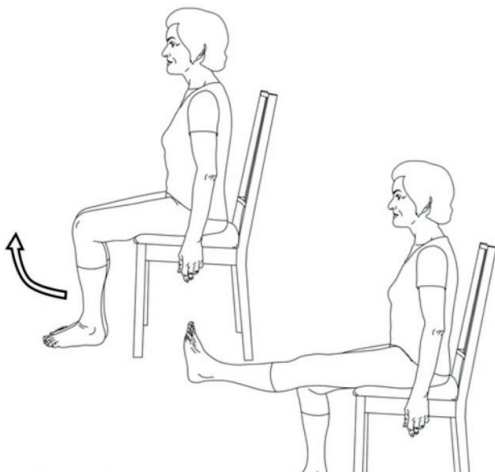
Chest stretch



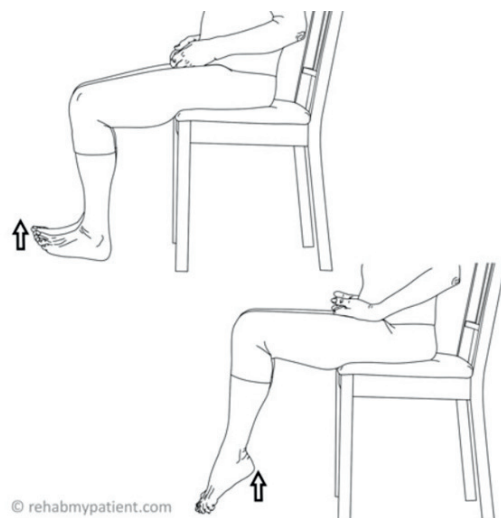
Shoulder stretch



Knee stretch



Ankle stretch



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3



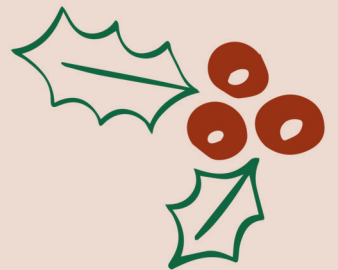
Help a neighbour

Offer to do something for a neighbour to help over the festive period. Ideas:

- Call in for a chat
- Share a meal or a treat
- Pick something up from the shops or post a letter for them

This season is full of treats, but small swaps can make a big difference! Try choosing something fresh today - like a juicy orange instead of a chocolate cream, or a handful of crunchy nuts instead of a mince pie.

4



Swap a snack for a healthier one

5



Write down 3 things you are grateful for

1

2

3

Do a home safety sweep



6



Check if the area around is safe to move around. Tick off each item when completed.

1

Lighting – is there enough light? Do any lightbulbs need replacing?

2

Flooring – any uneven floor, loose carpet or rugs?

3

Clear walkways – are these clutter free?

4

Items within easy reach – avoid the need for stretching and bending

Drinking enough improves concentration, balance, memory, energy and mood and skin.

7



Check your water intake



The ideal water intake is 6–8 glasses per day. If you've not had enough today, pour yourself another glass and see if you notice the difference!

Simple seated strengthening



8

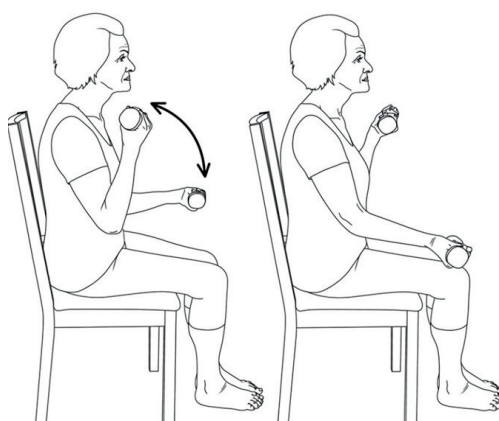
Do 5 repetitions of each exercise, twice over. For each:

- Stop if you feel pain
- Move slowly and gently
- Stay seated and stable
- Breathe normally
- Skip any exercise that feels unsafe – listen to your body

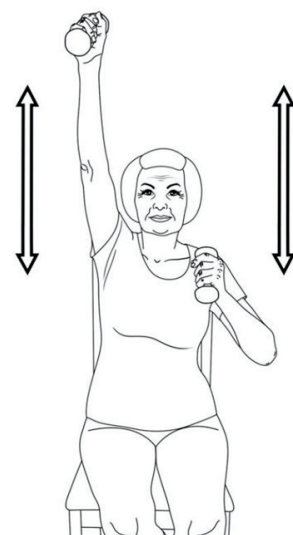
No proper weights?

A tin of beans will do!

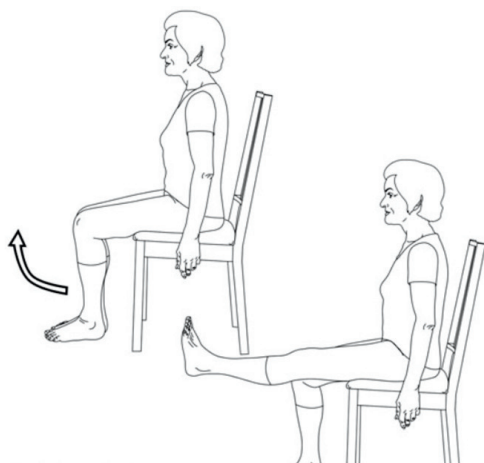
Arm curls with light weights



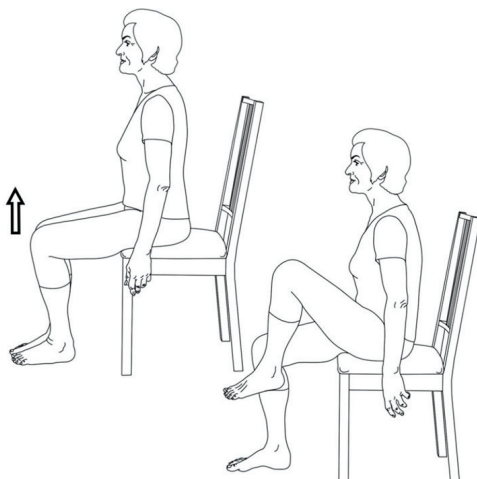
Shoulder push with light weights



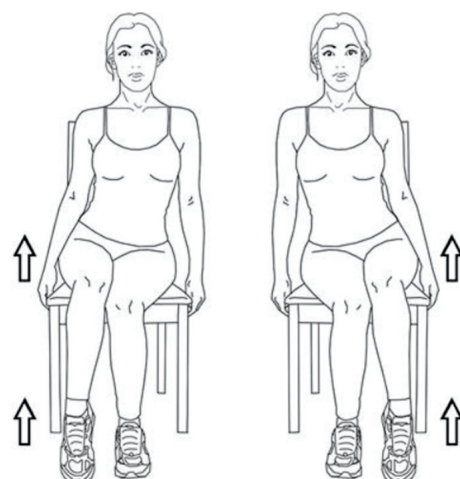
Knee extension



Hip flexion



Hip hitching



Try a breathing technique

9



Try square breathing: start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

Hold for 4

Breathe in for 4

Breathe out for 4

**Start
here**

Hold for 4

Healthy feet and well-fitted footwear keep you steady, comfortable, and mobile.

Below are some things to look out for:



Feet	Footwear
Check – any pain, swelling, or changes?	Secure – do they fasten properly and have a snug fit?
Treat – trim nails, moisturise skin	Space – not too tight on the toes
Move – do some gentle foot exercises	Sole – good tread and stable heel



Connect with forgotten skills or discover new ones
Draw, paint, craft, build, cook, anything.

Connect
with
someone

12



Reach out to someone you have been wondering about. You can call, text, phone, or write a letter.