



MENTAL HEALTH  
& WELL-BEING  
FOR ALL

**practice  
what  
you  
preach**

**shout**  
**85258**

Text **FALKIRK** to **85258**  
Free, confidential support, 24/7

[Shout 85258 – Falkirk Community Mental Health and Wellbeing \(glowscotland.org.uk\)](https://glowscotland.org.uk)



**MENTAL HEALTH  
& WELL-BEING**  
FOR ALL

Tense? Drained?  
Overwhelmed?



daylight  
[www.trydaylight.com/nhs](http://www.trydaylight.com/nhs)

[Daylight – Falkirk Community Mental Health and Wellbeing \(glowscotland.org.uk\)](https://glowscotland.org.uk)







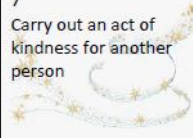


















**Sleepio** **NHS**  
SCOTLAND

[Sleepio – Falkirk Community Mental Health and Wellbeing \(glowscotland.org.uk\)](https://glowscotland.org.uk)





**Staff Well-being Advent Calendar**

<p>1 Write down your greatest achievement in life so far</p> 	<p>2 Notice something in nature</p> 	<p>3 Practise 7/11 breathing - inhale for a count of 7 and exhale for a count of 11. Do this 10 times</p> 	<p>4 Look at a photograph of a holiday or happy time</p> 	<p>5 Play a board game with others, or a card game with yourself</p> 	<p>6 Do something creative for an hour</p> 	<p>7 Carry out an act of kindness for another person</p> 
<p>8 Look at the sky</p> 	<p>9 Find a photo of yourself looking happy, confident or at peace. Place this somewhere you will see it often</p> 	<p>10 Write down three things you are grateful for</p> 	<p>11 Buy a new decoration for your Christmas tree or a festive ornament for your house</p> 	<p>12 Go for a walk and use one of your senses to notice things you may not have noticed before</p> 	<p>13 Check in with your sleep routine. Could you cut down on caffeine, alcohol, screen time, agree a 'wind down' ritual with yourself to improve it?</p> 	<p>14 Notice your inner voice. Is it critical or caring? If there is a poisonous parrot on your shoulder invite another bird to sit on the other shoulder which is kind and cares for you</p> 
<p>15 Ask a colleague what their favourite Christmas Carol or song is, and sing or play it to them</p> 	<p>16 Identify one unhealthy thing you do/eat/want to change and replace it with something healthy today</p> 	<p>17 Connect with a friend you haven't seen or spoken to in a long while</p> 	<p>18 Give something, however small, to a charity</p> 	<p>19 Designate a day/some hours of the day without electronic devices and screens. Do something different instead</p> 	<p>20 Write down something you promise to do for yourself this festive holiday</p> 	<p>21 Listen to someone with all your attention</p> 
<p>22 Put away your work equipment, papers, laptop etc.</p> 	<p>23 Check in with yourself - have you switched off from work, ready to enjoy the festive break?</p> 	<p>24 Light a candle, or gaze on some festive lights, notice where you are in the here and now without judgement</p> 	<p>25 Merry Christmas</p> 			

# 3 blessings/3 good things



Positive Psychology theory – draws on CBT & mindfulness too.

Every evening for 6 weeks, note down 3 good, positive, happy things that happened for you that day.

They need to be meaningful to/for you, but they do not need to be highly momentous – the aim is to identify things that were positive but you maybe didn't cherish enough in the moment - also think about *why* each good thing happened.

Research has shown that wellbeing improvements can be felt after 1 week.



**6 weeks**

05.12.2023-16.01.24

or 18.12.23-29.01.24

Doing this consistently for 6 weeks,  
- help us notice more positives around us,  
- stop dwelling on our 'negative focus bias'.

Our record can help us see what is important to us and build these important resilience factors into our lives.