

Wellbeing Wednesday: 1st December 2021

Morning

9am: Set intentions for the month ahead

Today is the first day of a brand new month. What do you want to achieve in December?

10am: Volunteer with Sow in the City

Pre-book your place onto this volunteer day via the Volunteer Hub, or check out other ways to volunteer.

Afternoon

1pm: Greater Manchester Walking

Ever thought about joining a walking group? Go to the GM Walking website for new routes and walking groups.

3pm: Get outside whilst it is still light

Remember, it starts to go dark from around 4pm in December, so make sure you get outside whilst it is still light.

Evening

5.30pm: Organise a games night

Gather some friends together and have a games night! This could even be done virtually.

10pm: Evening sleep routine

Start the new month with a healthy sleep routine by making sure that you go to bed at a similar time each night.