

## HEALTH IMPROVEMENT TEAM

# *Take 5' Steps to a Healthy Christmas*



### *Connect*

MONDAY 14th DECEMBER  
Time to show off your Christmas Jumper and connect over coffee and treats!

ALL  
ACTIVITIES  
ARE FREE

### *Be Active*

TUESDAY 15<sup>TH</sup> DECEMBER  
Prizes for the best selfie / photo in your Christmas inspired outfits whilst out walking!

### *Take Notice*

WEDNESDAY 16<sup>TH</sup> DECEMBER  
Mindfulness Session with Justine Brown

### *Keep Learning*

THURSDAY 17<sup>TH</sup> DECEMBER  
Christmas Embossing with Helen Shields

### *Give*

FRIDAY 18<sup>TH</sup> DECEMBER  
Sending a virtual card or gif this year is a great way to connect with people. Text message or phone someone you haven't been in touch with...



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# *Take 5' Steps to a Healthy Christmas*



## *Connect*

MONDAY 14<sup>TH</sup> DECEMBER

Time to show off your Christmas Jumper and connect over coffee and treats... organise a TEAMS call with your colleagues!



# *The Big Catch Up*



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## *Be Active*

TUESDAY 15<sup>TH</sup> DECEMBER

Prizes for the best selfie / photo in your Christmas inspired outfits whilst out walking!



*Please send pics to...*

[health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)



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## *Take Notice*

WEDNESDAY 16<sup>TH</sup> DECEMBER

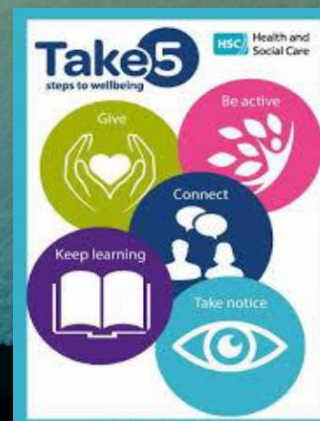
# *Mindfulness*

*Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing. Benefits include improving mental health and reducing stress and anxiety.*

CLICK HERE ANYTIME: <https://youtu.be/Nz6sn6LYino>



*Hosted by Justine Brown*



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## *Keep Learning*

THURSDAY 17<sup>th</sup> DECEMBER

**Christmas Embossing Workshop**  
with Helen Shields (Artist)

Email us for your embossing materials.  
Click here to watch the tutorial:  
<https://www.youtube.com/watch?v=FUZ7vPRbDio>



Embossing materials will be posted out to you.  
Please email us from your Belfast Trust account  
and give your address – and don't forget to  
email us photos of your creations!

[health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)



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## Give

FRIDAY 18<sup>TH</sup> DECEMBER

Text or phone  
someone

Send a virtual  
card or GIF



## Volunteer

<https://www.volunteernow.co.uk>

Donate to a  
charity

Make a friend into an elf!  
Download the 'Elf Yourself' app



## Elf yourself®

