

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

Take Notice

WEDNESDAY 16TH DECEMBER
Mindfulness Session
with Justine Brown

Keep Learning

THURSDAY 17TH DECEMBER
Christmas Embossing
with Helen Shields

Give

FRIDAY 18TH 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...



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... organise a TEAMS call with your colleagues!



The Big Catch Up



HEALTH IMPROVEMENT TEAM

Take 5' Steps to a Healthy Christmas



Be Active

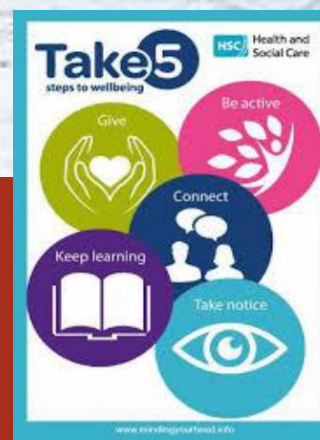
TUESDAY 15TH DECEMBER

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



Please send pics to...

health.improvement@belfasttrust.hscni.net



HEALTH IMPROVEMENT TEAM

Take 5' Steps to a Healthy Christmas



Take Notice

WEDNESDAY 16TH DECEMBER

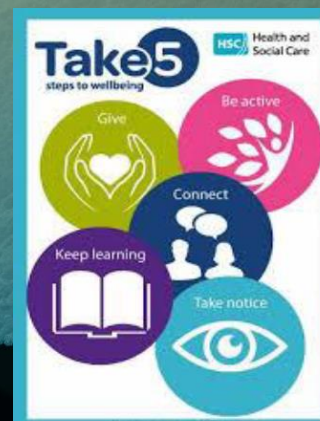
Mindfulness

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](https://youtu.be/Nz6sn6LYino)



Hosted by Justine Brown



HEALTH IMPROVEMENT TEAM

Take 5' Steps to a Healthy Christmas



Keep Learning

THURSDAY 17th 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



HEALTH IMPROVEMENT TEAM

Take 5' Steps to a Healthy Christmas



Give

FRIDAY 18TH DECEMBER

Text or phone
someone

Send a virtual
card or GIF



Volunteer

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



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

Donate to a
charity

