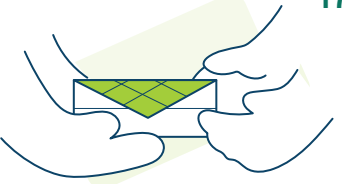
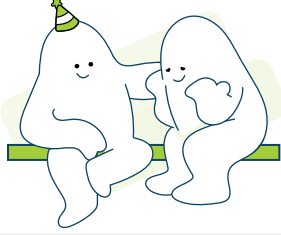


# Calendar of Connection

| Monday                                                                                                                                           | Tuesday                                                                                          | Wednesday                                                                                                     | Thursday                                                                                                                          | Friday                                                                                          | Saturday                                                                                             | Sunday                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>1</b><br>Reach out to someone who has experienced loss this year and ask how they'd like to honour their loved one during the festive season. | <b>2</b><br>    | <b>3</b><br>Visit the <b>MyPulse resource library</b> and share an article with a colleague or family member. | <b>4</b><br>Send a message of support to someone who may find this season emotionally heavy.                                      | <b>5</b><br> | <b>6</b><br>Organise a catch-up to connect with family or friends.                                   | <b>7</b>                                                                                          |
| <b>8</b><br>Team up with friends or colleagues to volunteer at a local community group.                                                          | <b>9</b>                                                                                         | <b>10</b><br>Check in on a colleague before they go on break.                                                 | <b>11</b>                                                                                                                         | <b>12</b><br>Think about who in your world might be finding this time difficult and check in.   | <b>13</b>                                                                                            | <b>14</b><br>Catch up virtually with someone you can't see in person.                             |
| <b>15</b>                                                                                                                                        | <b>16</b><br>Drop off a meal or small treat to someone who's had a tough week.                   | <b>17</b><br>              | <b>18</b><br><b>Look out for your colleagues</b> – connect with someone you've been on a job with this year and see how they are. | <b>19</b>                                                                                       | <b>20</b><br>Remind friends or colleagues that support lines remain open through the festive period. | <b>21</b><br> |
| <b>22</b><br>Send a quick text to let someone know they're on your mind.                                                                         | <b>23</b><br> | <b>24</b><br>Check in with a colleague to see how they're doing.                                              | <b>25</b>                                                                                                                         | <b>26</b><br>Send a "thinking of you" note to someone who's had a rough year.                   | <b>27</b><br>   | <b>28</b><br>Encourage a device free outdoor catch-up with a friend.                              |
| <b>29</b><br>                                                 | <b>30</b><br><b>Make yourself the priority...</b> plan something special, just for you!          | <b>31</b><br><b>The Wellbeing Support 24-hour number 6173 2873 is available 24/7, 365 days a year.</b>        | Visit MyPulse to complete a health screen today.                                                                                  |                                                                                                 |                                                                                                      |                                                                                                   |

*Tis the season to spark meaningful connections.*

Wellbeing  
SUPPORT

