


December Wellbeing Advent Calendar 2024

01 Keep warm, keep safe 
[Read More](#)

02 Keep up with your winter vaccines 
[Get Vaccinated](#)

03 Get online peer support over the festive period 
[Learn Here](#)

04 Try making some festive mocktails 
[Click Here](#)


05 Get in the festive spirit & support Grampian Hospital's carol concert 
[Get Tickets](#)


06 Safe driving advice & information for this winter 
[Learn Here](#)

07 Open up when you're feeling down 
[Learn More](#)


08 Take time for mindful activities 
[Click Here](#)

09 Making someone's day doesn't have to cost much 
[Learn Here](#)

10 Don't want to go out in the cold? Stay active at home this winter 
[Found Out More](#)

11 Feeling the effects of the cost of living this Christmas? 
[Get Support Here](#)

12 Its important to be aware of how much you are drinking during all the festive celebrations 
[Learn Here](#)


13 Give to CFINE to assist those who are food insecure. 
[Donate Now](#)

14 Be safe & be seen this winter 
[Learn Here](#)

15 When you are ill or injured, know who to turn to this winter 
[Read Here](#)

16 Try some new warming & simple recipes 
[Learn Here](#)


17 Keep up your vitamin d during the winter months 
[Learn Here](#)

18 No child deserves to miss out on Christmas 
[Befriend A Child Now](#)


19 Take away the social pressures of a 'picture perfect' Christmas 
[Learn Here](#)

20 Learn the health benefits of journaling & start setting intentions for the New Year 
[Start Here](#)

21 Find out what's on in the performing arts or theatre 
[Get Tickets Here](#)

22 25 screen-free activities so children can enjoy Christmas time 
[Learn Here](#)

23 Protect everyone & safely prepare your Christmas feast 
[Learn Here](#)

24 One more sleep! Are you having trouble sleeping? 
[Ways To Help You Sleep](#)

25 **MERRY** Merry Christmas from the Workplace Team !

