

# Wellbeing Advent Calendar 2023

11 Dec

Keep Warm, Keep Safe

[Read More](#)

12 Dec

Protect your health this winter

[Get Vaxed](#)

13 Dec

Get support anytime online over the festive period

[Learn How](#)

14 Dec

Try some fun festive mocktails

[Click Here](#)

15 Dec

Spread Christmas spirit and help make someone's Christmas this year.

[Learn More](#)

16 Dec

Know what you can do to drive safe this winter.

[Learn How](#)

17 Dec

Don't want to go out in the cold? Stay active at home this winter.

[Learn More](#)

18 Dec

Protect everyone and safely prepare your Christmas feast

[Read More](#)

19 Dec

Feeling the effects of the cost of living this Christmas?

[Get Support Now](#)

20 Dec

Its important to be aware of how much you are drinking during all the festive celebrations.

[See More](#)

21 Dec

Take away the social pressures of a 'picture perfect' Christmas.

[Read More](#)

22 Dec

No Child deserves to miss out on Christmas.

[Befriend a Child this Christmas](#)

24 Dec

One more sleep! Are you having trouble sleeping?

[Find Ways to Help you Sleep](#)

25 Dec

Well Done you made it, Merry Christmas from the Healthy Working Lives team.

26 Dec

Take some time to breathe and take care of yourself.

[Learn More](#)

23 Dec

Remember what's really important to kids at Christmas.

[Click Here](#)

27 Dec

Making someone's day doesn't cost.

[Read More](#)

28 Dec

Know Who To Turn To this winter.

[Learn More](#)

29 Dec

Be safe and be seen this winter

[Learn More](#)

30 Dec

Spending time with friends and family is a great way to take care of your mental wellbeing

[Read More](#)

31 Dec

Happy Hogmanay and best wishes for a Happy and Healthy New Year from the Public Health Workplace Team.