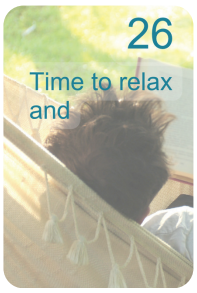
December is a wonderful time of year, but between celebrations, gift-giving and busy to-do lists, it can be easy to forget to take a moment for yourself. Our Wellness Calendar is a daily reminder to do just that, with simple tips to help you slow down, recharge and find joy in the little moments this festive season.

December 2026 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Follow us on social media for more tips throughout December!	1 Start a daily gratitude journal 	2 Smile at a stranger and make their day 	3  Learn to say Merry Christmas in another language	4 Happy Hanukkah! Make sufganiyot from the recipe on our website 	5 Go for a walk along your street and say hi to a neighbour 	6 Call a friend you haven't seen in a while 
7 Take a look at our holiday craft ideas on our website 	8  Plant a herb in a pot or in the garden	9 Complete a puzzle or a crossword 	10 Donate to a cause close to your heart 	11 Find a new podcast or audio book 	12 Check in with your doctor if you haven't been for a while 	13  Look up local carols or community events you can join
14 Blast your favourite song and dance! 	15 Enjoy a roast dinner this Sunday 	16 Reflect on 3 things you are grateful for in your journal 	17 Try one of the holiday recipes on our website 	18 Do 10 minutes of gentle stretches this morning 	19  Declutter a cupboard in your home and donate what you no longer need	20 Mediate and count 5 things you can see, touch, hear and smell 
21 Drink an extra glass of water to stay hydrated 	22  Take a drive or stroll in the evening to look at local Christmas light displays	23 Invite a friend to play cards or a board game 	24 Wind down with a warm tea and festive movie this Christmas Eve 	25  Merry Christmas to you and your loved ones!	26 Time to relax and 	27 and put your feet up 
28 Start reading a new book 	29 Go to the local pool or park and enjoy outdoors 	30  Looking for a New Year's resolution? Volunteer with your local Meals on Wheels service!	31 Reflect on and celebrate 2026 - bring on 2027! 			

Scan the QR code below to check out our recipes and craft activities:





Meals on Wheels™ New South Wales

To donate, volunteer or locate a Meals on Wheels service, visit our website at nswmealsonwheels.org.au